

Diagnostics of psychoemotional readiness for competitive activities of young basketball players

UDC 796

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Received by the editorial office on 17.03.2024

Abstract

Objective of the study was to assess the level of personal anxiety, self-esteem and the state of mental reliability of young basketball players.

Methods and structure of the study. The basis for the study was the Olympic reserve sports school «Kupchinsky Olympus» in the Frunzensky district of St. Petersburg (hereinafter referred to as «Olympus»). 10 girls born in 2009 of the training stage group (sports specialization stage) «Olympus» took part in the survey. To conduct the study, two Spielberger questionnaires were used.

Results and conclusions. The results of the first survey (Study of situational anxiety) showed that a high level of anxiety was detected in 40% of respondents, 40% had an average level of anxiety, and 20% had a low level of anxiety. The results of the second questionnaire (Self-Assessment of Anxiety) did not reveal a low level of anxiety among players in general, 60% of girls were identified with an average level, and 40% with a high level of anxiety. The average level of mental reliability for the four components was determined as follows: a reduced level of reliability compared to the average data for 20% of respondents, an average level for 40%, and an increased level of reliability for 40% compared to the optimal data.

Keywords: *research, mental reliability, anxiety level, emotional stability.*

Introduction. The concept of «readiness for competitive activity» is more often considered as a synthesis of physical, functional, technical, tactical and mental components of readiness (N.S. Bezrodnaya, Yu.M. Bludov, V.V. Ivanov, G.I. Mokeev, N.N. Pilyuk, V.A. Plakhtienko).

In psycho-emotional readiness, the determining components are most often the level of the athletes anxiety and his mental reliability. Anxiety is an individual psychological feature that manifests itself in a persons tendency to experience frequent and intense anxiety. In sports, anxiety determines the individual sensitivity of an athlete to competitive stress. As a personality trait, it characterizes, to one degree or another, a tendency to experience apprehension and fear in most situations. An athlete's anxiety is associated

with the expectation of social consequences of his success or failure (V.L. Marishchuk, Yu.M. Bludov, V.A. Plakhtienko, L.K. Serova). The state of anxiety arises in connection with significant competitive situations. To determine the optimal level of situational anxiety under competition conditions, it is necessary to compare data on the pre-competition level of anxiety with successful performance. The optimal level of pre-competitive anxiety can also be identified in a reproductive way, by asking the test athletes to reproduce in quantitative assessments the state that they experienced before their most successful performance.

Mental reliability, considered as the stability of the functioning of basic mental mechanisms in difficult competitive conditions, consists of a number of components: competitive emotional stability, self-

regulation, motivational and energetic component, stability and noise immunity. Each of the components of mental reliability is characterized by a set of typical indicators (M.A. Deryabina, E.S. Vorobyova, V.D. Popov). Indicators of competitive emotional stability are the nature, intensity and duration of pre-competitive and competitive emotional arousal and its fluctuations, the degree of its influence on the nature of the performance, etc. Indicators of self-regulation: the ability to correctly recognize and evaluate one's emotional state, the ability to influence it in particular through verbal self-orders, the ability to reorganize in the face of struggle, the development of self-control over one's actions, etc. Indicators of the motivational sphere: love for sports in general and for one's own type of sports activity, desire for any form of competitive struggle, dedication in training and competitions, etc. Indicators of stability and noise immunity: stability of the internal functional state, stability of motor skills and sports equipment, immunity to the effects of various types of interference, etc. (V.L. Marishchuk, Yu.M. Bludov, V.A. Plakhtienko, L.K. Serova).

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Results of the study and discussion. In the direction of «Studying the state of situational anxiety» (Figure 1), it was found that only two players have a low level of anxiety, four basketball players have an average level of anxiety, and four have a high level of anxiety. Two girls with low levels of anxiety answered «Exactly», that they are calm, do not feel regret and feel good. Female basketball players with average levels of anxiety equally stated that they were not nervous

or excited, but they were worried about possible failures. Four girls with high levels of anxiety responded that they were tense, worried about possible failures, and also that they were nervous.

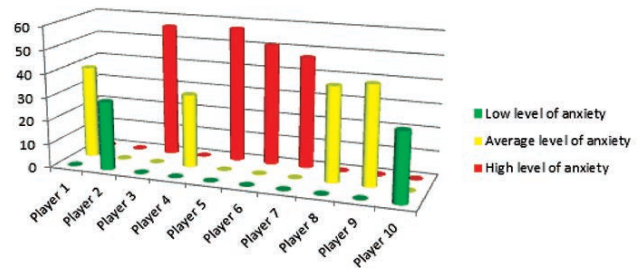


Figure 1. Self-esteem scale for situational anxiety

Research in the area of «Assessing the level of personal anxiety» (Figure 2) has shown that no one in the team has a low level of anxiety at all, which is very alarming. We were interested in which of the 20 questions the respondents answered exactly the same. As a result, six female basketball players with an average level of anxiety unanimously answered that they are balanced, but sometimes lack self-confidence. Four girls with high levels of anxiety stated that they were very worried about the anticipation of difficulties, they got tired quickly and could cry easily.

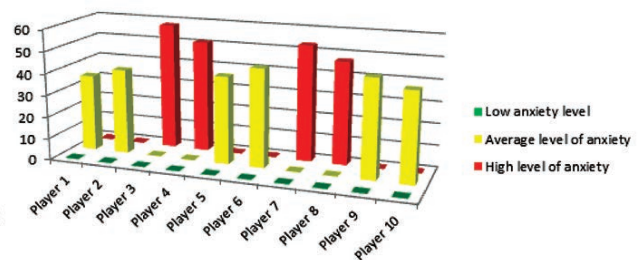


Figure 2. Personal self-esteem scale

An assessment of the mental reliability of the Olympus team players showed the following (see table).

For the first component of the CES (competitive emotional stability, the range of scores is from 12 to 5 points), all girls have a reduced level of reliability compared to optimal data.

For the second component of SR (self-regulation, rating range from 10 to 6 points), three girls had a reduced level of reliability compared to the average data, four had an average level, and three had an increased level of reliability compared to the optimal data.



Assessments of the mental reliability of the Olimp team players

Player	Components of Mental Reliability			
	CES	SR	M-E	St-N
1	-7	-2	+4	+1
2	-3	+3	-1	+1
3	-15	0	1	-2
4	-8	-1	2	1
5	-7	0	-1	-6
6	-6	-1	0	0
7	-8	2	1	1
8	-15	0	-1	-2
9	-4	0	-1	2
10	-11	1	-4	1

Note. A score of 0 points corresponds to the average level of mental reliability; a score with a “-” sign indicates a decrease in the level of reliability for this component compared to the average data; a rating with a “+” sign indicates an increased level of expression of one or another component of mental reliability compared to the average.

For the third component of M-E (motivational-energetic component, the range of scores is from 10 to 7 points), five girls have a reduced level of reliability compared to the average data, one has an average level, and four have an increased level of reliability compared to the optimal data.

For the fourth component St-N (stability-noise immunity, rating range from 6 to 3 points), three girls have a reduced level of reliability compared to the average data, one has an average level, and six have an increased level of reliability compared to the optimal data.

Conclusions. It has been established that a level of high anxiety and a reduced level of mental reliability is present in almost half of the team’s players, but athletes with such indicators should be given special attention, especially when preparing for important tournaments. It is known that during competitions, especially at a high level, the intensity of emotional stress is very high, and it is not easy for young basketball players to cope with this condition. The emotional background has a significant impact on performance in basketball, and, despite a high level of physical and technical preparedness, a player may not be able to cope with emotions. In this regard, based on the re-

sults of the survey, we can recommend to the mentors of our respondents psychological and pedagogical support for athletes during competitions in order to develop adaptation to stressful situations in competitions and teach them to control their condition in important games.

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