

# System of psychological assistance in self-realization of the personality of the athletes: domestic and foreign approach

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## Abstract

**Objective of the study** was to study domestic and foreign approaches to the system of psychological assistance in the self-realization of the athlete's personality at the stages of many years of sports training.

**Methods and structure of the study.** The study of the features of the psychological support system in the self-realization of the athlete's personality was carried out by theoretical analysis of scientific, methodological and practical publications of the experience of sports psychologists, the study of web resources for the device of the psychological assistance system on the example of such leading countries as Russia, USA, Germany, Great Britain, Italy, Canada, Japan.

**Results and conclusions.** Compared to Russia, athletes, parents and coaches abroad have more access to professional support from a sports psychologist. They have the opportunity to choose for themselves the specialist who is most interesting, for example, in terms of education and competence in sports psychology.

To solve the identified problems, the NPO "Association of Sports Psychologists" (ASP), developed a project aimed at creating a system of scientific and methodological support for the professional activities of sports psychologists, educational and educational support, and assistance in creating jobs.

**Keywords:** NPO "Association of Sports Psychologists", self-realization of the athlete's personality, psychological support, psychological assistance, domestic and foreign approaches.

**Introduction.** The training of an athlete in any kind of sport, without exception, is associated with the solution of a variety of psychological problems that arise in the process of sports activities [4]. At the initial stage, the work of a sports psychologist is more focused on the formation and support of the motivation of young athletes in sports. At the stage of sports specialization, which lasts for several years depending on the sport, attention is directed to the psychological support of the athlete in terms of preventing negative emotional states (anxiety, stress, frustration), etc. At the stage of improving sportsmanship, athletes need psychological help to a greater extent. associated with the formation of a sports career and satisfaction with a sports result. At the stage of higher sportsmanship, they are faced with the problem of finding themselves "at the top

of the sports Olympus", or leaving sports and deep anxiety about their future life and self-realization outside of sports activities.

Sometimes, despite the fact that a sports psychologist has done a great job at one of the stages, at the next it turns out to be useless, since the psychological problems of an athlete already have completely different specifics. The approaches used in practice by sports psychologists do not always meet the needs of athletes and coaches. The indicated processes expose the problem of the fragmentation of psychological assistance to athletes observed by us at the stages of many years of sports training.

In many countries, much attention is paid to the organization and scientific and methodological support of versatile psychological assistance to athletes at all stages of training [1]. In Russia, only a

few physical culture and sports organizations, children's and youth sports schools have psychologists on their staff who are aware that such support at the stages of preparation should not be built in the form of steps, but "stretched by a thread". Moreover, in such a way that, despite its diversity and versatility, it was subordinated to a single goal: self-realization of the individual in all its aspects [2, 3], psychological well-being and mental health of the athlete from the initial stage of training until the moment of leaving the sport and beyond.

**Objective of the study** was to study domestic and foreign approaches to the system of psychological assistance in the self-realization of the athlete's personality at the stages of many years of sports training.

**Methods and structure of the study.** The study of the features of the psychological support system in the self-realization of the athlete's personality was carried out by theoretical analysis of scientific, methodological and practical publications of the experience of sports psychologists, the study of Internet resources for the device of the psychological assistance system on the example of such leading countries as Russia, USA, Germany, Great Britain, Italy, Canada, Japan. The requirements for the qualification of a sports psychologist, who provides psychological support for participants in sports life, as well as the organization of a system of psychological assistance to athletes at various stages of long-term training, were analyzed.

**Results of the study and their discussion.** In the foreign countries studied by us, programs of psychological assistance for an athlete specific to sports have been developed and have proven themselves well. The main impact of these programs is aimed at developing psychologically important personal characteristics and mastering the techniques of mental self-regulation by athletes. Sports psychologists are actively working with the parents of young athletes, which increases the effectiveness of psychological impact. The attention of sports psychologists is also directed to improving the psychological competence of coaches. Athletes from the USA, Canada, Great Britain and Japan have free access to psychological support at all stages of their sports career. At any time convenient for themselves, athletes have the opportunity to seek psychological help, get advice and practical advice [1].

The U.S. Olympic and Paralympic Committees

have posted on the Team USA ATHLETE SERVICES website information for U.S. Team Athletes to access a roster of proven and highly regarded sports psychologists. Each of them is accompanied by an exhaustive description of skills and abilities, a list of documents on education and qualifications, licenses for educational and psychological activities. It also provides a list of tasks to be solved by a sports psychologist, whether it is increasing stress resistance, strengthening mental health, building relationships in a team, and more. The athlete is provided with a wide choice of specialists and the issues and problems they solve.

Russian athletes and their parents, as well as the coaches themselves, are not accustomed to turning to a sports psychologist "for nothing". They do this only when the situation gets out of control or has already got out of control 1, 5. Moreover, the problem may arise at the initial stage of training, and "shoot" at the stage of sports improvement or higher sportsmanship. The reason and resources for this lie, in our opinion, in the lack of psychological work "for the future" according to the principle of "advanced setting of tasks", in the poor development of the system of psychological support in the self-realization of the athlete's personality [2, 3].

It was revealed that sports psychologists in the USA, Canada, Great Britain, Germany, Italy, Japan, in addition to working with athletes, parents and coaches, focus on the mental health of sports personnel not only throughout their sports career, but also at the time of their preparation for leaving sports. In this case, the psychological impact of the psychologist is redirected to the athlete's self-realization in other, non-sporting areas of life. The optimization of self-attitude, self-esteem of an athlete, his resilience, satisfaction with a sports career (even if it is not so successful) and life in general are cultivated.

**Conclusions.** Compared to Russia, athletes, parents and coaches abroad have more access to professional support from a sports psychologist. They have the opportunity to choose for themselves the specialist who is most interesting, for example, in terms of education and competence in sports psychology. Information about sports psychologists, their professional qualities, work experience, the list of tasks to be solved, documentary support and other information is presented on the websites of foreign organizations, including the Olympic and



Paralympic Committee (USA). It is rather difficult for Russian potential clients to find such information on domestic official websites. Only a few organizations of the physical culture and sports profile offer the services of a sports psychologist. It should be noted that there is a lower level of demand in Russia for the services of sports psychologists on the issues of psychological support for athletes, compared with the countries mentioned above.

To solve the identified problems, the Association of Sports Psychologists (ASP) has developed a project aimed at creating a system of scientific and methodological support for the professional activities of sports psychologists, educational and educational support, and assistance in creating jobs.

ASP currently unites more than 150 specialists from all over Russia and representatives of the countries of the Commonwealth of Independent States (Armenia, Belarus, Kazakhstan). Together, members of the ASP, with the support of the Association of Higher Educational Institutions of Physical Culture and Sports, developed the professional standard "Sports Psychologist". ASP conducts educational events ("Psychological subbotniks", "Psychological marathons", "Psychological intensives"), together with partner universities - educational (advanced training, internships) and scientific projects (congresses, conferences, symposiums, seminars) for sports psychologists, coaches, athletes and their parents. The roadmap for the implementation of the project "sports psychologist - a profession of the near future" has been drawn up until 2025. As a result of the project, it is expected to increase the prestige of the profession of sports psychologist, create a system of scientific and methodological support for the professional activities of these specialists, which in turn will lead to a decrease in the level of anxiety among athletes, their parents and coaches, involving people of different ages in sports, improving sports results both in mass and professional sports.

At present, in the conditions of political and economic pressure on sports, the work of the ASP to build a system of psychological assistance in the

self-realization of the individual in sports is reaching a new level of development and requires the search for effective evidence-based approaches in this direction. At present, in the conditions of political and economic pressure on sports, the work of the ASP to build a system of psychological assistance in the self-realization of the individual in sports is reaching a new level of development and requires the search for effective evidence-based approaches in this direction.

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## Essence and content of informational competence of a future sport coach

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### Abstract

**Objective of the study** was to reveal the essence and content of the information competence of the future sports coach.

**Methods and structure of the study.** The paper applies a theoretical analysis of scientific papers on the generalization of the classification features of the structure of information competencies of a sports coach.

**Results and conclusions.** The components of the manifestation of the information competence of a sports coach are shown, which include an understanding of how information and communication technologies (ICT) can support sports and training innovations, as well as the ability to use them and digital tools and equipment to facilitate analytical and sports and training activities in achieving high sports results.

Guided by the recommendations of various standards regarding the main ICT innovations, a system of information competencies of the future sports coach has been developed, among the components of which the essences of electronic educational resources, mobile technologies, "smart" sensors and devices of physical culture and sports orientation, virtual and augmented reality, artificial intelligence and knowledge mining systems (Data Mining) in sports and coaching activities. The scheme of the classification structure of the information competencies of the future sports coach is proposed.

**Keywords:** *information competence, sports coach, information and communication technologies, classification structure of information competencies.*

**Introduction.** According to the well-established theory of physical culture and sports education, a high level of an athlete's physical culture involves the integration of its four most important components: physical education, physical development, physical improvement and physical health protection. It is these four components that underlie the work of a sports coach, around which his professional activity is integrated, which means that the search for the most important professional competencies will be based on these elements.

**Objective of the study** was to reveal the essence and content of the information competence of the future sports coach.

**Methods and structure of the study.** The paper applies a theoretical analysis of scientific papers on the generalization of the classification features of the structure of information competencies of a sports coach. Let us turn to the state educational standard of higher education 49.04.03 "Sport", on the basis of which the pro-

cess of professional training of future sports coaches is built. In it, the groups of categories of general professional competencies of a sports coach include the following areas: *planning of training preparation; sports selection; training of athletes, their education, upbringing, development; management of competitive activities; doping prevention; control and analysis of the preparedness of athletes; scientific research; regulatory and legal activities; organizational and methodological work.* Through information, the material environment of both the training and competitive processes of an athlete is formed.

Currently, pedagogical science has not yet developed a holistic definition of the concept of "information competence". Many scientists have studied this concept and considered it in different aspects. So, N.I. Gendina, E.V. Danilchuk, S.D. Karakozov, N.I. Kolkova, I.L. Skipor, N.V. Khodyakova and others present it as a component of the information culture of the individu-