



Expert information-analytical system as a method of strategic management of the process of psychological preparation in sports

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Abstract

Objective of the study was to develop the structure of an expert information-analytical system for the psychological support of athletes.

Methods and structure of the study. The development was carried out at the Saint-Petersburg scientific-research institute for physical culture. The tasks to be solved by the expert information-analytical system (EIAS) are defined: a combined monitoring method that allows offline and online testing; drawing up a unified form of conclusions and recommendations; automatic statistical processing with subsequent interpretation of the data according to the specified parameters.

Results and conclusions. The developed system is multifunctional and is focused on collecting various kinds of characteristics for three types of personal status, namely, an athlete, coach, sports referee, which will allow the following in the future: to form a personal card in the library for each segment of the audience; identify the ratio and prevalence of certain sports depending on the subject of the Russian Federation; specify the number of physical culture and sports organizations that provide services to the population on a reimbursable and non-reimbursable basis and have staff in the position of sports psychologist; determine the course of implementation of the regulatory requirements of the Federal Standard for Sports Training (FSST), which regulate the process of psychological support, corresponding to reality; develop a professional standard in sports psychology; make scientifically sound proposals on the content, volume and types of psychological training in the existing FSST.

Keywords: *digitalization in sports, psychological preparation, information and analytical systems, management in sports.*

Introduction. The relevance of introducing information and analytical systems is due to the need to improve interregional and interdepartmental interaction in order to conduct sectoral statistical monitoring of the results of providing diverse forms of physical culture and sports activities, which will allow [2-5]:

- create a picture that corresponds to reality of the implementation of achieving the goals of state policy in the field of physical culture and sports;

- obtain reliable data on the possibility of physical education and sports in each subject of the Russian Federation;

- to track the prevalence and level of specialized and/or other education among the involved personnel training the sports reserve, with further collection of real personnel statistics, which will make it possible to form a national register of coaches, sports psychologists and judges;

- create a rating system by region to identify leaders.

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Results of the study and discussion. The existing form of conducting statistical monitoring of the



achievement of target indicators of the state strategy (forms 1-FK, 2-GTO, 3-AFK, 5-FK), according to a number of researchers, has the following number of disadvantages [3]: the likelihood of duplication when recording citizens; discrepancy between some targets; lack of regulations for the registration of amateur athletes; human factor (insufficient competence of those responsible for filling out statistical forms and additional labor costs).

Psychological training as one of the links in the system of general sports training is regulated by the regulatory requirements of the Federal Standards of Sports Training (FSST) [2], which also include the requirement for specialized education at a certain level (specialized secondary or higher).

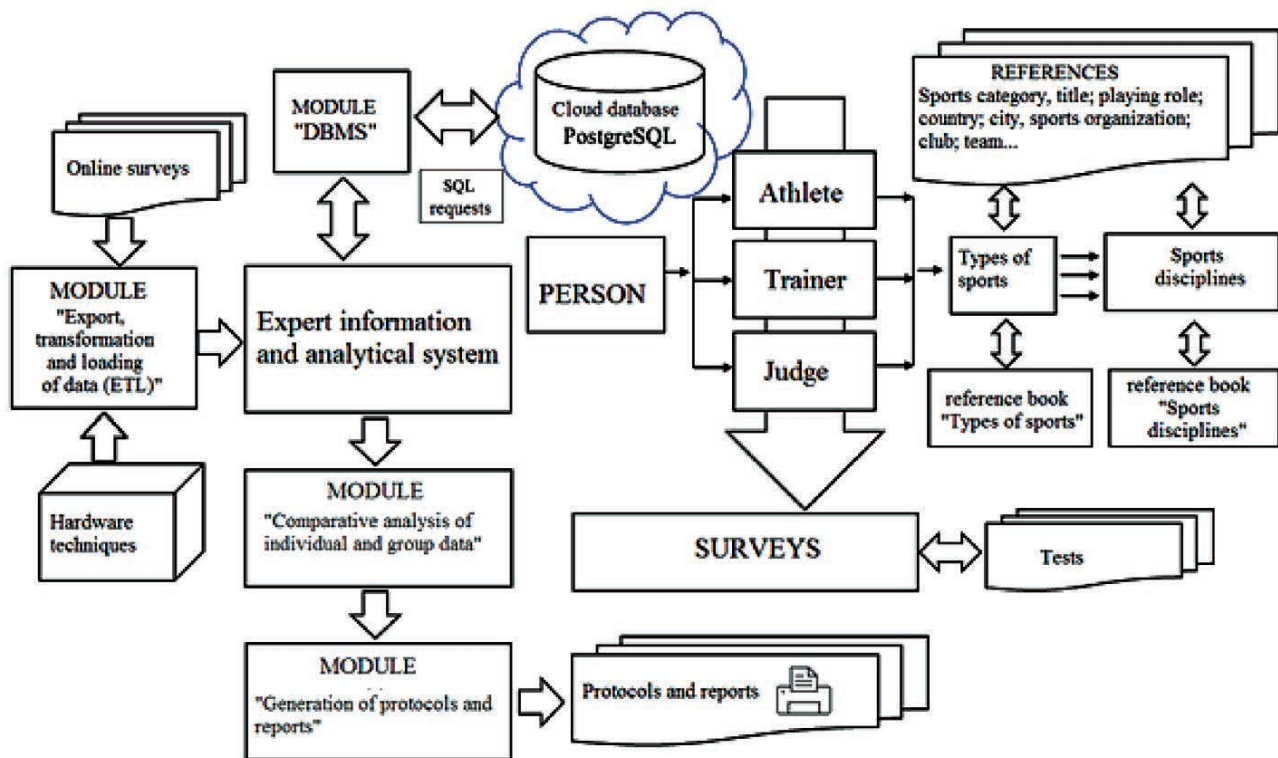
Due to the lack of a unified standard for the specialty "Sports Psychologist", any person with the specialty "psychologist-teacher", "psychologist", "psychologist-teacher" can provide psychological support to athletes.

In addition, we have discovered that today the presence of a sports psychologist as a full-time specialist in physical education and sports organizations is more the exception than the rule: basically, receiving psychological help is an independent initiative of the athlete or an interested person (coach, parents).

This trend is negative, because the formation of psychological preparedness, minimizing the risks of sports career crises and improving the skill of mental self-regulation directly depends on the quality of the built system of psychological preparation.

In this regard, the expert information and analytical system of psychological support for athletes as a research and consulting tool, accessible to a wide range of specialists, has undeniable advantages: as a means of monitoring the current state; opportunities to access programs of psychohygienic and psychocorrectional measures when changing specialists; in the formation of a professional and social portrait of users (sports specialization, experience, change of sports disciplines; sports qualifications, professional category, length of work experience; gender, age, subject of the Russian Federation); nosological status.

Thanks to the extensive experience of scientific and methodological support by specialists from the Federal Science Center of Physical Culture and Sport (VNIIFK) of the training process of national teams of the Russian Federation [1], including the use of cloud data storage systems, an algorithmic structure (see figure) of the expert information and analytical system (EIAS), the purpose of which is to provide solutions to the following tasks:



Structure of the expert information and analytical system



1) a combined monitoring method that allows testing offline and online;

2) drawing up a unified form of conclusions and recommendations;

3) automatic statistical processing with subsequent interpretation of data according to specified parameters.

In addition, the library of this system contains reference materials for users in order to improve the special competencies of sports psychologists who are starting their careers or have changed the field of professional implementation (from other types of counseling to counseling athletes) in important aspects of sports training (sports-functional classification, regulatory requirements federal standards of sports training, rules of sports, etc.) [4-5].

Conclusions. The developed system is multifunctional and is focused on collecting various types of characteristics for three types of personal status, namely athlete, coach, sports judge, which in the future will allow the following:

- create a personal card in the library for each audience segment. The automated data collection process in the future will make it possible to create a portrait and career growth of a representative of a particular category with the possibility of stratification by regional basis;

- to identify the ratio and prevalence of certain sports depending on the subject of the Russian Federation;

- to clarify the number of physical education and sports organizations that provide services to the population on a paid and free basis and have employees as sports psychologists;

- determine the actual progress of the implementation of the regulatory requirements of the FSST regulating the process of psychological support;

- develop a professional standard in sports psychology;

- make scientifically based proposals on the content, volume and types of psychological training in the existing FSST.

It is also worth noting that today the bulk of scientific and methodological literature on sports psychology, in particular publications, belongs to authors involved in research and/or teaching activities. We attribute this to the fact that a sports psy-

chologist specializing in practical activities has little experience, compared to others, in presenting empirical data in accordance with the requirements for scientific publications. Automatic interpretation of data with a unified conclusion will simplify the process of selecting a sample and visualizing the results obtained, which can also improve the quality of scientific publications, in addition to being less time-consuming.

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