



Correction of negative attitudes of athletes swimmers

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Abstract

Objective of the study was to identifying the specifics of anti-victim attitudes among athletes of non-contact sports (on the example of swimming) and determining ways to correct them.

Methods and structure of the study. The method of expert assessments was used as a method. The current and former swimming coaches, consisting of 20 people, acted as experts. The material of the study was the lists of ineffective and productive psychological attitudes that contribute to overcoming negative factors in sports activities.

Results and conclusions. It was found that, in general, the content of ineffective attitudes among athletes of contact and non-contact sports is the same, especially in terms of their victimological component, when the athlete's feelings are due to unsuccessful performances. A serious factor in the victimization of athletes is the dominance of perfectionist attitudes.

Keywords: *swimmers, victim attitudes, anti-victim attitudes, sport, athlete's personality.*

Introduction. One of the main sources of an athlete's anxiety that affects his sports results, as indicated in the scientific literature, is a non-adaptive behavior pattern based on irrational attitudes, which further, in turn, become the cause of the athlete's suffering [5], that is, victimizing him, since personal suffering in victimology is a characteristic of a victimized person.

At the same time, scientific research in the field of sports psychology, in general, correctly assessing the problem of the significance of the psychological stability of athletes, does not indicate psychological tools for the prevention of victimization, except for trainings in psychoregulation, meditation, correction of the motives of competitive activity, etc., the purpose of which is only a general decrease in the level of anxiety before the competition [1].

We believe that one of the shortcomings of the system of psychological training of athletes is a hidden target setting that any result in a sports competition

is considered either as a success or failure of an athlete, which, in case of a low result, forms in him signs of a victim personality, as if guilty of not being good enough. result. Because of this, the athlete develops inefficient attitudes that do not allow him to sufficiently mobilize his personal resources during competitions and relax after them. It is obvious that the means of reducing anxiety in this case is the reformatting of ineffective attitudes and the formation of effective anti-victim attitudes.

Modern research focuses on the fact that the coach must have the skills of psychological assistance to the athlete. Moreover, it is psychological competence that distinguishes elite coaches from others [3]. The essence of this support should be, among other things, the ability to correct non-adaptive patterns of behavior of your ward [4].

In our empirical study, we made an attempt to evaluate the effectiveness of typical attitudes of athletes in terms of the possibility of their victim or anti-victim

*A variant of typical answers of trainers of the formulation of attitudes*

List of negative and ineffective attitudes to be corrected	List of positive attitudes, alternative to negative and ineffective ones
Perfectionist attitude: I am the best, I have to win	You have to try to be the best, I will do everything in my power to win
Loser is a loser	All great athletes have ever lost, losing is a lesson to be learned
When I lose, I always feel like everyone is judging or pitying me.	Losing should motivate you to train harder, as well as to look for new approaches to them.
After the loss, the coach will again arrange a “debriefing” for me	After the loss, the coach will point out my mistakes so that in the future I would not make them
You have to be aggressive towards the enemy	The enemy must be neutral
Negative emotions in relation to the opponent contribute to calming down	Negative emotions towards an opponent can play against oneself
I can't be the best	You don't have to be the best to win the competition
This opponent with his antics will only bring me down the mood for the game	The opponent's behavior should not affect me in any way.
This year I am the winner of the tournament and now I am afraid that I will not reach such heights again.	I did it once, I'll try to do it again
I don't practice enough, I'll lose	It doesn't matter if you won or lost last time, now you need to do everything to win.

impact and the ability of swimming coaches to correct these attitudes.

Objective of the study was to identifying the specifics of anti-victim attitudes among athletes of non-contact sports (on the example of swimming) and determining ways to correct them.

Methods and structure of the study. The method of expert assessments was used as a method. Participants were asked to evaluate the list of attitudes of swimmers from the point of view of effectiveness and offer their own versions of such attitudes. Below in the table, in the first column, this list is presented. 20 swimming coaches (former and current) participated.

Results of the study and their discussion. In the scientific literature on the problems of sports psychology, it is noted that there are significant differences in the sources of psychological discomfort in athletes representing contact and non-contact sports [2]. The proposed list of inefficient installations was previously allocated by us for table tennis.

The study showed that the majority of coaches recorded almost the entire list of ineffective attitudes in swimmers previously recorded in tennis players, and suggested alternative attitudes (90% of coaches). Only some participants in the study noted that during the competition, since the swimmer does not contact the opponent, there is no need to update negative attitudes towards him (10%). The table below shows a

variant of the typical responses of the trainers: the formulations of the attitudes were different, retaining in general the meaning of the direction for the individual.

It should be noted that the first in the list of ineffective attitudes: “I am the best, I must win” in most alternative answers remained the same in meaning: “You need to try to be the best, I will do everything in my power to win”; “I did it before, I can do it now”; “When I am focused, no one and nothing can stand between me and my goal,” etc. This is evidence that coaches, despite the generally correct approach to correcting ineffective attitudes, are still oriented towards perfectionism in the future, although they themselves condemn it.

The hidden perfectionist meaning was also expressed in other formulations that the coaches considered effective: “You don't have to be the best to win the competition.” It is obvious that the installation is hidden here: “Even if you doubt that you are the best, you are still the best.”

As a result, we can conclude that not only athletes, but also their coaches, need to correct individual attitudes that they address to their pupils. Here we can recommend the assimilation of anti-victim attitudes that were formulated by some participants in the study as a result of their coaching experience, in particular: “Never inspire guilt! If you lose, then you are not prepared enough. There is something to work on”; “Win-



ning or losing is not the main thing, the main thing is participation and positive emotions.”

Conclusions. In the total mass of activity stimulators, psychological attitudes are a key aspect in the regulation of emotional states in sports. At the same time, the range of inefficient installations as a whole does not depend on the sport. Modern coaches have some positive attitudes to effectively influence athletes. At the same time, the dominance of the perfectionist attitude, the orientation of the athlete to always be the best, can contribute to the victimization of the athlete in cases of sports failures.

Gratitude.

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