
EMOTIONAL AND PERSONAL CHARACTERISTICS AND THE POSSIBILITIES OF THEIR CONSIDERATION WITHIN THE PSYCHOLOGICAL TRAINING OF HIGHLY QUALIFIED ATHLETES-ROWERS

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ABSTRACT

The article is dedicated to studying the manifestation of personal and emotional characteristics of kayaking and canoeing athletes of different qualifications. A comprehensive approach was used to assess the manifestation of personal and emotional characteristics as prerequisites for success in competitive activities. The aim of the study was to identify the leading personal and emotional characteristics that can determine the effectiveness of their activities in sports competitions. Based on the conducted research, certain differences in personal and emotional characteristics have been found between highly qualified kayaking and canoeing athletes and those in mass sports categories. The former surpass the latter in emotional stability, normativeness, courage, independence, and self-discipline. Highly qualified kayaking and canoeing athletes can be conventionally differentiated into three types depending on the characteristics of the dominance of certain manifestations of emotions: optimistic, anxious, and a type where sports anger dominates. Recommendations for psychological support for kayaking and canoeing athletes were proposed for each type, both in training activities and during direct preparation for sports competitions.

Keywords: highly qualified rowers, emotional characteristics, personal characteristics, emotional states.

Introduction. Each type of sport has its own specific requirements for the level of development and specifics of the manifestation of emotional and personal characteristics of athletes of the respective sports. At the same time, we understand that features describe permanent characteristics of an individual's behavior, their communication features and response to certain situations. By their nature, emotional and personal characteristics refer to psychological properties that are closely integrated in the activities of the individual. Sports achievements of highly qualified athletes, in particular, in rowing on kayaks and canoes, are the result of many years of training in such directions as physical, technical and tactical. It is known that athletes with relatively similar training in the given areas take part in

high-achieving sports. That is why their psychological preparation is often decisive at competitions. That is, psychological data, including personal and emotional characteristics of the athlete. The implementation of this training contributes to a more purposeful adjustment of the rowing athlete to a high result in competitions. As evidenced by our previous studies (Cheban, Chebykin, Plokhikh, Massanov, 2020) of highly qualified rowing athletes who are members of the national rowing team, taking into account individual and psychological features during their training allows them to more effectively realize their physical, technical, and tactical capabilities in competitions. At the same time, it was established that virtually all highly qualified athletes are determined to win. At the same time, among

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them there are those who feel the fear of possible defeat, are excessively tense, not sufficiently determined to implement their actions. These and other emotional features of the personality often act as obstacles to successful performance in competitions. Taking into account the above, our research was based on the assumption that the study of personal and emotional characteristics of rowing athletes will allow us to psychologically characterize their manifestation, identifying the leading ones among them. Based on the latter, the research was aimed at characterizing them and thus more adequately choosing a system of psychological support before sports competitions. That is why the purpose of our study was the personal and emotional characteristics of athletes rowing in kayaks and canoes as probable determinants of sports achievements.

The subject of the study was: personal and emotional characteristics of rowing athletes in kayaks and canoes.

To solve the purpose of the study, the following objectives were set:

To find out the level of development of personal and emotional characteristics of rowing athletes.

To identify probable emotional types of highly qualified rowing athletes.

To offer recommendations for psychological support of rowing athletes in preparation for important competitions.

Materials & method. R. Cattell's 16 Personality Factors test was used to study personal and emotional characteristics. And Dembo-Rubinstein method. The latter was a list of different scales of emotions (joy, fear, satisfaction, anger, sadness). Athletes were asked to mark the extent to

which they manifest the specified emotions («always», «very often», «often», «sometimes», «rarely», «very rarely», «never»).

The given list of methods made it possible to detect and quantify the manifestation of joy, fear, satisfaction, anger, sadness. And also such personal characteristics as sociability, intellectuality, emotional stability, dominance, expression, normativeness, courage, sensitivity, suspiciousness, dreaminess, prudence, anxiety, radicalism, independence, self-discipline, tension.

Kayak and canoe paddlers, women and men aged 15 to 30, in the number of 134 subjects, who were conditionally divided into two groups, acted as the research subjects. The first group «1» included 54 highly qualified rowers. The second group «2» included 80 rowers of mass sports categories (here and further, the specified groups will be presented in abbreviated form). The examination of the rowers took place during their stay at the educational and training meetings.

Results of Research. The data obtained based on the results of empirical research on the level of manifestation of personal characteristics showed that the general level of intelligence, development of imagination and susceptibility to new things are within the limits of normative values in highly qualified rowing athletes (see Fig. I). At the same time, they had a high level of emotional stability and self-control against the background of a slightly overestimated level of anxiety. In the communicative sphere, highly qualified rowers showed moderate sociability, a sufficient level of communicative courage, an increased level of suspiciousness, pronounced dominance, and within the limits of normative values - independence and prudence.

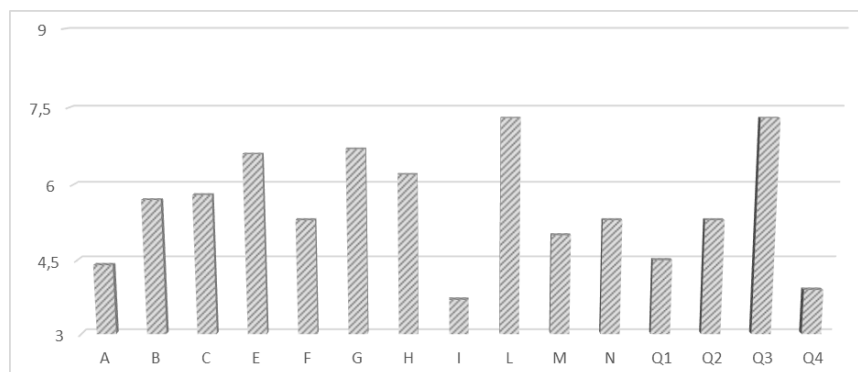


Figure I. Average values of indicators characterizing personal characteristics of highly qualified rowing athletes (group 1, n=54)

If you compare these results obtained in highly qualified athletes with mass-class ones (see Fig. II), you can see that, regardless of the level of qualification, only tendencies towards differences in most of the indicators characterizing their personal characteristics are observed in all examined rowing athletes.

($X=5.4$), fear ($X=3$), satisfaction ($X=4.6$), anger ($X=3.7$), sadness ($X=3.4$).

Examining the average values presented, it can be seen that there are tendencies towards their differences between the surveyed groups of rowing athletes. It is characteristic that, regardless of the level of the indicator values,

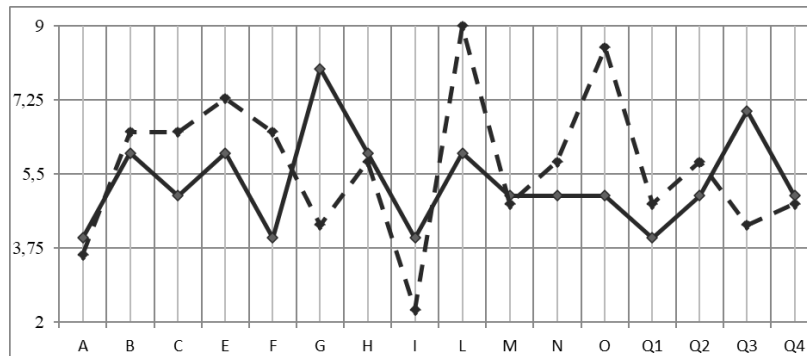


Figure II. Average data on the manifestation of personal characteristics in rowers

Further in-depth analysis using the Mann-Whitney U-test revealed statistically significant differences ($U_{emp} = 5$; $p < 0.01$) between the indicated groups of rowers in terms of emotional stability, normativeness, courage, independence, self-discipline. So, it can be seen that highly qualified rowers are significantly superior to mass-class athletes in terms of their ability to control their own emotions and show a sufficient level of volitional self-regulation of behavior, which is important in the conditions of responsible sports competitions. From our point of view, these personal characteristics can act as certain determinants for their successful sports activities. In addition, the above indicates that highly qualified rowers dominate over rowers of mass sports categories in terms of self-discipline, which can give them a certain advantage in the realization of their sports achievements.

Turning to the analysis of the received empirical results of the diagnosis of the manifestation of emotions, which ranged from the minimum (1 point) to the maximum (7 points), it can be seen that the average estimates of the frequency of their manifestation according to the general sample were: joy ($X=5.8$), fear ($X=3$), satisfaction ($X=4.9$), anger ($X=3.3$), sadness ($X=3$). As for the average ratings of the frequency of the expression of emotions in group 1, here their level was: joy ($X=5.5$), fear ($X=3.1$), satisfaction ($X=5.1$), anger ($X=3$), sadness ($X=2.9$). Moving on to the analysis of the obtained results, 2 groups were found: joy

positive emotions prevail in the emotional background of all subjects. It can be assumed that such a positive emotional background supports the activity of the individual and contributes to the effective implementation of cognitive mental processes and actions in the training process of athletes.

Thus, the given results served as a basis for moving to the next in-depth stage of the study of mostly highly qualified rowing athletes. Based on previously obtained data on emotional and personal characteristics, we identified three groups of highly qualified athletes based on the principle of dominant emotion. At the same time, we assumed that taking the dominant emotions as a basis in a complex with personal characteristics, we will be able to offer more adequate approaches in the process of psychological support of athletes in training and competitive activities due to their characteristics. Our assumption was also based on the fact that emotions, integrated with all mental properties, processes and states, act as the most informative and operational indicators in the behavior of athletes. The work carried out in this regard made it possible to distinguish from the examined group highly qualified rowing athletes (group 3), who were dominated by anger (13%). Secondly, (group 4) rowing athletes who were dominated by fear and sadness (32%). The third group (group 5) included 55% who were dominated by joy and satisfaction. Once again, we want to emphasize that such differentiation,

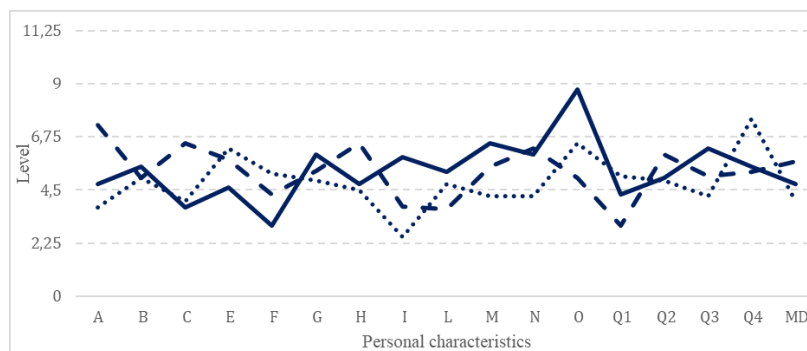


Figure III. Average values of personal characteristics of highly qualified rowing athletes depending on the dominance of their leading emotions

Note. Row 1 – group (3) with dominance of anger. Row 2 - group (4) dominated by anxiety. Row 3 – group (5) dominated by joy and satisfaction.

taking into account the individual and personal characteristics of rowing athletes, would allow us to more adequately approach the possibilities of providing them with the necessary psychological recommendations in the process of preparing for competitions.

As shown in fig. 3, the selected groups are quite clearly differentiated by personal characteristics.

As we can see from Figure III, the leading personal characteristics of rowers who are dominated by anger (group 3) are such personal characteristics as suspicion, tension, dominance, expressiveness, radicalism. In this case, the expressed suspiciousness of the subjects characterizes them as focused on «themselves», independent, to a certain extent, arrogant. At the same time, they obviously do not avoid experiencing fear for their self-esteem in situations when others can surpass them in the matters important to them. The presence of these athletes at a high level of dominance may indicate the strength of their character, the steadfastness of their position. The latter can have a positive effect on their competitive sports activities. As we can see, the expressiveness of these rowing athletes is to some extent consistent with anger. Regarding the «radicalism» indicator, it can be said that these athletes have a certain criticality, a calm attitude to changes, their own position, which it is desirable to maintain by providing new approaches to the organization of the training process and preparation for competitions.

If we turn to the athletes who are dominated by feelings of fear and sadness (group 4), we can see that, under certain conditions, it can negatively affect the activities

of an athlete-rower. Therefore, obviously, in the psychological support of these athletes, it is advisable to focus on their increased confidence, stability of positive mood. As we can see in these athletes, such personal feature as self-discipline, which manifests itself within normative values, can have a positive effect on their volitional self-regulation. The latter can also act as a basis for organizing psychological support aimed at leveling the athlete's fear and sadness. In addition, among the athletes of this group, such personal feature as normativeness is sufficiently pronounced, which indicates their responsibility, established moral positions. Taking into account these data can also be a certain channel for reducing anxiety in the process of psychological support during their training.

As for the athletes from the fifth group, who were dominated by joy and satisfaction, their leading personal characteristics included sociability, emotional stability, courage, prudence, and independence.

Moving on to the next part of the empirical study, we assumed that, based on the characteristics of the dominance of certain emotional manifestations in connection with personal characteristics, it is possible to distinguish, on the basis of correlation analysis, the corresponding types of athletes, which will allow, perhaps, even more differentiated determination of adequate approaches to their psychological support by coaches and sports psychologists. The correlation analysis carried out in this regard proved that, based on the dominance of a certain emotional manifestation of the above-listed groups of rowing athletes, there is a specific structure of connections between their emotional

and personal properties. Thus, considering the third group of rowing athletes, based on the existing correlations, we assigned them to the type of those dominated by sports anger. Here, three sets of interrelated indicators are clearly distinguished in the structure of correlations. The first position is taken by a complex in which a low level of joy is correlated with dominance ($r=0.6$; at $p<0.01$), as well as with social courage ($r=0.61$; at $p<0.01$) and normativeness ($r=0.64$; at $p<0.01$). Normativeness, in its turn, correlates with dominance ($r=0.6$; at $p<0.01$). Also, social courage correlates with dominance ($r=0.64$; at $p<0.01$) and normativeness ($r=0.61$; at $p<0.01$). The second complex is formed on the basis of correlations between intelligence and expressiveness ($r=-0.66$; at $p<0.01$) and self-discipline ($r=-0.61$; at $p<0.01$). The third complex is formed on the basis of correlations of fear with prudence ($r=0.75$; at $p<0.01$) and with independence ($r=-0.72$; at $p<0.01$). In addition, there are six more indicators in this structure (expressiveness, normativeness, sensitivity, suspiciousness) that are mainly related to the personal characteristics of rowing athletes. Thus, it can be said that during the psychological support of the preparation of rowers of this emotional type for competitions, it is important to focus on such personal characteristics as dominance, expressiveness, courage and normativeness. Also, one should rely on such individual features as prudence, independence, self-discipline. At the same time it is important take into account our previous average data regarding the analysis of emotional characteristics and the above results about personal characteristics.

Considering the correlational structure of subjects with a dominance of fear and sadness (group 4), we conditionally assigned these athletes to the emotional type of anxious ones. As evidenced by the obtained results, two constellations are distinguished in this structure of correlation relations. The first is based on the relationship of joy, which is fixed at the average level with normativeness ($r=0.58$; at $p<0.01$) and dreaminess ($r=0.65$; at $p<0.01$). At the same time, dreaminess has a feedback of normativeness. Another correlation is also noted in this structure, which is formed on the basis of correlations with a negative value of self-discipline with intellectuality ($r=-0.61$; at $p<0.01$), suspiciousness ($r=-0.62$; at $p<0.05$), independence ($r=0.55$; at $p<0.05$) with average values of primary indica-

tors.

Based on the above, it can be assumed that for optimal psychological support aimed at increasing the confidence of emotionally anxious rowing athletes, it is desirable to modulate positive strategies in the training process with the determination of optimal ways of achieving them when interacting with them. At the same time, emphasis should be placed on increasing self-discipline due to beliefs and leveling suspicion and strengthening independence in making decisions. Here, too, it is desirable to take into account to some extent the above-mentioned average values of the previously identified indicators.

As for the correlational structure of rowing athletes with a dominance of joy and satisfaction, which we assigned to the emotional type of optimistic ones, they have a rather wide correlation galaxy that is formed on the basis of average indicators of emotional stability, which is directly correlated with a low level of fear ($r=0.58$; at $p<0.01$), anxiety ($r=0.55$; at $p<0.01$) and sadness ($r=0.63$; at $p<0.01$). In its turn, anxiety is associated with average values of dreaminess ($r=0.51$; at $p<0.05$) and a high value of self-discipline ($r=0.49$; at $p<0.05$). In this structure, there are also negative relationships of emotional stability with anger ($r=-0.58$; at $p<0.01$) and courage ($r=0.56$; at $p<0.01$). Also the indicator of independence correlates with dominance ($r=-0.56$; at $p<0.01$) and expressiveness ($r=-0.48$; at $p<0.05$).

Based on the analysis of the latest data, it can be assumed that for the psychological support of rowing athletes of this group, it is desirable to focus attention when interacting with them on stabilizing their courage and sports anger. Also, it is important to maintain independence and a positive emotional background. It should be noted that, in comparison with other types, all indicators of emotional and personal characteristics are at the average and above average values, with the exception of fear, sadness, sensitivity.

The following conclusions can be drawn on the basis of the conducted research on the study of emotional and personal characteristics of highly qualified rowing athletes.

Discussion. It is known that emotions are the basis of the motivational structure of the subject and participate in the activation or deactivation of their mental states and

actions (Ekman, 2004; Izard, 1991). There are also various data that indicate that the assessment of the manifestation and dominance of certain emotions can be used in the system of psychological preparation of athletes for competitions. Anger during emotional-volitional self-regulation can both activate and disrupt the athlete's performance. Therefore, during psychological preparation of athletes, correction of their anger often occurs through coordinated motivated self-mobilization to enhance it. It is characteristic that the manifestation of this emotion can also activate or minimize other emotional expressions. This is particularly noticeable at the level of emotional-volitional self-regulation when using cognitive tools (Cheban, Chebikin, Plokhikh, Massanov, 2020). Equally important is the manifestation of sufficient joy and satisfaction against the backdrop of reduced fear and sadness. Such a combination in their expression is considered optimal for performance (Ekman, 2004).

Overall, the conducted research expands the understanding of emotional and personality traits of athletes in general and deepens it regarding highly skilled rowers. This is traced at the level of identified types of athletes depending on the dominance and ratio of basic emotions. These types include anxious, optimistic, and prone to showing sports anger. Unlike existing studies on emotional and personality traits (Ekman, 2004; Izard, 1991; Siekanska, Wojtowicz 2020), this work attempts to provide scientific and methodological recommendations that can be used by psychologists and coaches, taking into account the above.

Conclusions. It is shown that emotional features integrated with personal ones in the activities of highly qualified rowing athletes play an important role aimed at mobilizing all their functions in training and competitive processes.

On the basis of previous studies, statistically significant differences were found between highly qualified rowers and mass sports rowers in such personal and emotional characteristics as emotional stability, normativeness, courage, independence, self-discipline ($U\text{-emp} = 5$; at $p < 0.01$). The latter indicates that the highly qualified rowing athletes are more capable of controlling their own emotions and exhibiting a sufficient level of self-regulation of behavior.

Depending on the prevailing emotional characteristics, three conditional groups are distinguished among

highly qualified rowing athletes. The first group dominated by the emotion of anger included 13% of the total number of examinees. In the second group with a predominance of fear and sadness - 32%; in the third group with the dominance of joy and satisfaction - 55%. It is shown that these groups are differentiated by the manifestation of personal characteristics. For the first of them, suspicion, tension, dominance, expressiveness, and radicalism stand out; for the second one - anxiety, self-discipline, dreaminess, sensitivity, normativeness; for the third one - sociability, emotional stability, courage, prudence, independence.

In-depth correlation analysis allowed the above groups of athletes to be divided into three conditional emotional types of athletes, namely anxious, optimistic and prone to sports anger ones, based on the relationships between emotional and personal characteristics. For example, in the athletes assigned to the emotional type with «sports anger», the correlation relationships revealed between a low level of joy with dominance ($r=0.66$; at $p<0.01$), as well as with social courage ($r= 0.61$; at $p<0.01$). For the athletes of an optimistic emotional type, came to the fore correlations between the average level of emotional stability and low levels of fear ($r=0.58$; at $p<0.01$), anxiety ($r=0.55$; at $p<0.05$) and sadness ($r=0.63$; at $p<0.01$). The athletes assigned to the anxious emotional type were characterized by the relationships of joy with normativeness ($r=0.58$; at $p<0.01$) and dreaminess ($r=0.65$; at $p<0.01$).

As a psychological support for rowers, it is suggested to focus attention with representatives of the optimistic emotional type on stabilizing courage and sports anger. It is also desirable to maintain independence and a positive emotional background during interaction. For the athletes with an anxious emotional type, it is advisable to focus attention on their confidence, and when interacting with them, modulate positive strategies, goals in the training process with the determination of optimal ways to achieve them. Also, direct efforts to increase their self-discipline and the ability to make decisions independently. As for the athletes assigned to the emotional type with a dominance of sports anger, it is important to take into account the manifestation of such personal characteristics as dominance, expressiveness, courage with an emphasis on prudence, independence and self-discipline during psychological support.

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ABSTRACT

The article is dedicated to studying the manifestation of personal and emotional characteristics of kayakers and canoeists of different levels of qualification. The study utilized a comprehensive approach to assessing the expression of personal and emotional characteristics as a prerequisite for their success in competitive activities. The aim of the research was to identify and highlight the leading personal and emotional characteristics that can determine the effectiveness of their performance in sports competitions. Based on the conducted research, differences in personal and emotional characteristics were found between highly skilled rowers and those belonging to mass sports categories. The former surpass the latter in emotional stability, normativity, masculinity, independence, and self-discipline. Depending on the prevailing emotional characteristics among highly skilled rowers, three conditional groups were identified. The first group, characterized by "sports anger" with a predominance of the emotion of anger, included 13% of the total surveyed. The second group, dominated by fear and sadness, accounted for 32% of the participants. The third group, dominated by joy and satisfaction, accounted for 55%. The leading personal characteristics of rowers in the "sports anger" group are suspiciousness, tension, dominance, expressiveness, and radicalism. The presence of a high level of dominance in these athletes may indicate the strength of their character and the steadfastness of their position. The latter can have a positive impact on their competitive sports performance. Characteristic correlation relationships were observed in athletes belonging to the "sports anger" group, between low levels of joy and dominance, as well as social courage. During psychological sup-

port in preparation for sports competitions, it is important to focus on personality traits such as dominance, expressiveness, courage, and normativity in rowers of this group. Also, relying on individual traits such as thoughtfulness, independence, and self-discipline. The next group consists of athletes with a dominance of fear and sadness. Therefore, it is evident that in the psychological support of these athletes, attention should be paid to increasing their confidence and maintaining a stable positive mood. Regarding athletes classified in the optimistic group with a predominance of joy and satisfaction, the following leading personal characteristics were identified: sociability, emotional stability, courage, thoughtfulness, and independence. To provide psychological support for rowing athletes in this group, it is desirable to focus on stabilizing their courage and competitive anger during interactions with them. The article shows that emotional characteristics, when integrated with personal qualities in the activities of highly skilled rowers, play an important role in mobilizing all their mental functions in training and competitive processes.

Keywords: high-level canoe and kayak athletes, emotional characteristics, personality traits, emotional states.

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ЕМОЦІЙНО-ОСОБИСТІСНІ ХАРАКТЕРИСТИКИ ТА МОЖЛИВОСТІ ЇХ ВРАХУВАННЯ В ПСИХОЛОГІЧНІЙ ПІДГОТОВЦІ ВИСОКОКВАЛІФІКОВАНИХ СПОРТСМЕНІВ-ВЕСЛЯРІВ

АНОТАЦІЯ

Стаття присвячена вивченню прояву особистісних та емоційних особливостей веслувальників на байдарках і каное різного рівня кваліфікації. У роботі було використано комплексний підхід до оцінювання прояву особистісних та емоційних особливостей як передумов для їх успіху у змагальній діяльності. Метою дослідження було дізнатися та виділити провідні особистісні та емоційні особливості, які можуть визначати ефектив-

ність їх діяльності у спортивних змаганнях. На основі проведених досліджень було виявлено відмінності у особистісних та емоційних особливостях між висококваліфікованими веслувальниками та тими, що належать до масових спортивних розрядів. Перші перевершують останніх за стабільністю емоцій, нормативністю, мужністю, самостійністю та самодисципліною. В залежності від переважаючих емоційних особливостей серед висококваліфікованих веслувальників виділені три умовні групи. В першу групу «спортивна злість» з домінуванням емоції гніву увійшли 13% від загальної кількості обстежених. В другу групу з домінуванням страху і суму – 32%; в третю групу з домінуванням радості і задоволення – 55%. Провідними особистісними особливостями веслувальників з групи «спортивна злість» є підозрілість, напруженість, домінантність, експресивність, радикалізм. Наявність у цих спортсменів високого рівня домінантності може вказувати на міцність їх характеру, непохитність їх позиції. Останнє може позитивно впливати на їх змагальну спортивну діяльність. У спортсменів віднесених до групи «спортивна злість» характерними виступили кореляційні взаємозв'язки, що виявлені між низьким рівнем радості і домінантності, а також соціальної сміливості. Під час психологічного супроводу в підготовці до спортивних змагань веслувальників даної групи важливо акцентувати увагу на таких особистісних особливостях як домінантність, експресивність, сміливість та нормативність. Також, спиратися на такі індивідуальні особливості як розважливність, самостійність, самодисципліна. Наступна група – спортсмени з домінуванням переживань страху і суму. Тому, очевидно, в психологічній підтримці цих спортсменів приділяти увагу підвищенню у них впевненості, стабільності позитивного настрою. Відносно спортсменів що віднесені до оптимістичної групи з домінуванням радості і задоволення провідними особистісними особливостями виступили: товариськість, емоційна стійкість, сміливість, розважливність, самостійність. Для психологічної підтримки спортсменів-веслувальників цієї групи бажано акцентувати увагу при взаємодії з ними на стабілізацію їхньої сміливості та спортивної злості. В статті показано, що емоційні особливості інтегруючись з особистісними в діяльності висококваліфікованих веслувальників відіг-

рають важливу роль в мобілізації всіх їх психічних функцій в тренувальному та змагальному процесах.

Ключові слова: висококваліфіковані веслувальники на байдарках і каное, емоційні особливості, особистісні особливості, емоційні стани.

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