The system of psychological correction of athlete’s personality in Olympic sport

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Summary
On the basis of literary data study, knowledge about modern methods of psychological correction of athlete’s personality in Olympic sport is already systematized and generalized. The main psychocorrectional directions of influence on effectiveness of athletes’ performances have been already singled out. The structure of psychocorrection methods, including psychotherapeutic methods, psychological counselling, and psychological training is being developed in the article as well.

The proposed algorithm of research made it possible to select adequate psychological means and methods, taking into account their complementarity and integral nature of the impact on athlete’s personality as it is a prerequisite for creating individual psychological training programs for the increase of the effectiveness of competitive activities of athletes, specializing in different sports at different stages of long-term preparation.

The main psychocorrection approaches were determined as follows: psychocorrection of emotional states in sport activities; correction of the level of psychic self-regulation of athletes’ personality; correction of mental cognitive processes of athletes; psychocorrection of interpersonal relationships among athletes; correction of the goal-setting system for athletes by coaching.

The study of scientific and methodological literature about psychological correction, applied in the practice of athletes’ training, allowed us to formulate and systematize a number of key psychological factors (volitional, strategic, perceptive-aimed, anticipatory, managerial, psychophysiological, intellectual, introspective, and motivational) that affect the mental state and training process of athletes.

The content and forms of the manifestation of psychological factors during competitive activity are examined and their interrelation is studied here. Integral indicators of psychological factors, which influence competitive activity in the Olympic sport, are determined and their priority importance is revealed as well. According to the experts’ opinion, among the integral indicators of the psychological factors, influencing athletes’ activity, the leading ones are motivational, volitional, and psychophysiological factors. The results of an expert survey on the psychological factors influence in Olympic sports (gaming, cyclic, difficult-coordination, and single combats) are analyzed. A system of psychocorrection is formed on the basis of psychological factors, which influence the effectiveness of athletes’ preparation. The structure of the system includes complexes of psychocorrection methods, corresponding to the substantive component of each psychological factor. The practical implementation of the system is based on the developed complexes of psychological correction methods, corresponding to the basic psychological factors, which could influence the competitive activity of athletes.

Keywords: psychocorrection, Olympic sport, methods of correction, psychological factors.

Introduction
Statement of the problem. Intensive development of psychotechnologies under modern conditions and their use as an instrument to stimulate athletes’ performance effectiveness is a cause of wide attention to the search and development of new methods of psychological preparation and psychocorrection in sports.

Nowadays a new psychotherapeutic scientific foundation is being formed in sport psychology. It is manifested as a synthesis of psychotherapeutic techniques, various directions of trainings, and psychological counselling in combination with national, cultural, and scientific traditions. This makes it necessary to systematize the accumulated knowledge in the field of psychological correction of athlete’s personality for the fullest use of his/her psychic abilities and increasing the effectiveness of performance.

Studies on athletes’ psychic capabilities are common research topic in modern Olympic sport. Attention to finding additional sources of emotional-volitional resources and athletes’ internal mental reserves is increasing, because the level of their physical loads, records, and functional capabilities have almost reached the limit. Further results increase is possible only with rational and scientifically grounded selection of adequate
methods for psychological influence, which must be based on the integration of individual methods into a holistic system of psychological correction (Anshel, 2002). This approach is one of the priorities in modern sport psychology.

The effectiveness of various methodologies for psychocorrection in the elite sports (Lemery et al., 2006; Серова, 2007; Horn, 2008; Johnson, 2008), the experience in the complex psychotherapeutic methods (Unestal et al., 1992; Eysenck, 2013), as well as researches on optimization of the training process by modern psychotechnologies (Lemery et al., 2006, Виноградов et al., 2015) are reflected in various scientific papers. However, the system of knowledge about the methods of athletes’ psychological correction in modern sport has not been finally formed. In addition, the development of psychological correction programs, taking into account the current trends and the specificity of training and competitive processes, is needed (Williams, Krane, 2014; Плагонов, 2015).

The lack of systematic approach to the application of psychological correction in athletes’ training (including the lack of methodology of selecting the complex of correction methods, according to the tasks and conditions of sports training) is an important, unsolved, and relevant problem of psychological support for athletes in the Olympic sport.

The aim of the research is to form a psychocorrection system, based on consideration of psychological factors, which influence athletes’ training in the Olympic sport.

Research methods

Analysis and generalization of data from scientific and methodological literature, experts’ survey, structural and functional analysis, as well as methods of mathematical statistics were used for this study. Experts’ survey, as well as structural and functional analysis allowed us to develop a system of psychological correction of athlete’s personality.

12 experts (the best specialists from Ukraine, Moldova, and Belarus) with high level of skills in their field took part in the experts’ survey: six persons – specialists in the field of sports science (doctors of science with extensive experience of research) and the rest six – highly qualified athletes (masters of sports, winners of world championships, Europe, and other major competitions). The concordance coefficient was calculated to determine experts’ opinion consistency. According to the concordance coefficient, a high level of consistency of experts’ opinion (W = 0.78) was indicated. The expert survey was conducted on the basis of experts’ ranking of the proposed psychological characteristics (volitional, motivational, psychophysiological, anticipatory, intellectual, strategic, perceptive-aimed, managerial, and introspective factors). Structural and functional analysis served as a method for studying system objects. In our study, structural-functional analysis was performed on the basis of the findings in the system of psychological correction of individual structural elements and determining their functional role in correlation to each other. The results of structural and functional analysis were compared with the experimental data.

Among statistical methods, concordance coefficient (W), Pearson correlation coefficient (r), and average statistical method were used.

Results and discussion

For a systematic study of psychological tools and methods that have influence on the effectiveness of athletes’ competitive activities, we used structural-functional analysis, where it has been identified as three basic elements (blocks) of structure (Fig. 1). Individual or combined application of these means and methods could be appointed depending on the aims and direction of the psycho-correction effect.

![Fig. 1. Psychological means and methods that have influence on athletes’ competitive effectiveness](Image)
In the modern sport psychology, there are many areas of psychological correction, which have great variety of approaches. Consequently, it is necessary to select psychological means and methods, which will be adequate to the direction of psychocorrection and will definitely correspond to the conditions of competitive activity. And also, it must be taken into account that their complementarity and integral nature of the impact will allow creating exact individual psychological training programs for increasing the effectiveness of athletes’ competitive activities at different stages of the long-term improvement in different sports (Vysochina, 2016).

**The main psychocorrection approaches**, according to our point of view, are as follows: psychocorrection of emotional state in sport activities; correction of the level of psychic self-regulation of athletes’ personality; correction of mental cognitive processes of athletes; psychocorrection of interpersonal relationships of athletes; correction of the goal-setting system for athletes by coaching.

**Psychocorrection of emotional state in sport activities.** Athletes’ responsibility to the team and the coach is so great at the level of elite sport that it is inevitably reflected on their emotional background before the start of competition. The necessity to demonstrate their highest physical capabilities in combination with the ability to make decisions correctly and quickly during the competition makes high demands to mobilize the full potential of an athlete, including his/her mental capabilities. Starting fever (over high level of nervous system excitation, accompanied by increased physical mobility, hyperactivity with unproductive actions, and, in some cases, impossibility fully to control own reactions) can adversely affect competition results. In contrast, an athlete may have an excessive predominance of nervous system inhibition (starting apathy), manifested in inertia, lack of interest in competitions, and unwillingness to make efforts, that also needs psycho-correction.

Today there are methods of multi-stage training correction of athletes’ pre-start emotional conditions in the psychologists’ arsenal. Despite this, the solution of individual problems of psychological preparation in sports requires integral approach in using the strengths of each method.

**Correction of the level of psychic self-regulation.** Psychic self-regulation is the influence of a person on oneself with words and their corresponding mental imagery (mental representation). Self-regulation can be carried out by self-conviction, influence on oneself with logical arguments, and autosuggestion, based on absolute faith. The main way, used in practice and carefully theoretically developed, is autosuggestion. It has been used in the yoga system for thousands of years and had been well developed by the German psychiatrist J. Schultz in the 19th century.

**Correction of athletes’ mental cognitive processes.** Mental cognitive processes (attention, imagination, sensation, thinking, perception, and memory) determine the quality and degree of process of receiving information by an athlete, and the problem of their correction is quite topical for sport psychology. In each sport, depending on the features of competitive activity, certain cognitive processes predominate. Thus, in game sports, the most important, in our opinion, is thinking and attention, because an athlete needs to analyze a large amount of information and show a fulminant correct reaction in a very short period of time. In martial arts, it is attention, sensation, and perception (complex of sensations), because athletes act at the level of reflexes and the processes of thinking are less involved. Athletes in cyclic sports more often use imagination, sensation, and perception, which is associated with specialized “feelings of water, snow, equipment, etc.”. In difficult-coordination sports, attention, imagination, thinking, and memory are involved the most. In these sports, athletes’ psyche is in a state of high mobilization and concentration of all mental processes.

**Psychocorrection of athletes’ interpersonal relationships.** Correctly organized and productive relationships among athletes are one of the most important conditions for the success of the training process and performance in competitions. It influences athlete’s character as well as has impact on social aspects of interaction (study, family, hobbies, etc.). Monitoring of interpersonal relations between a coach and an athlete as well as among partners in sport groups (teams) allows improving the microclimate in the team and creating a comfortable psychological conditions for athletes.

**Correction of the goal-setting system for athletes by coaching.** One of the directions for optimizing the preparation of athletes using psychological influence is the improvement of the
goal-setting system by the method of coaching. It is a progressive psychotechnology for achievement of success and has been used by leading specialists in the Western Europe and America for a long period of time.

Sports coaching helps to achieve the goal with the least efforts. The method and mechanism for its implementation is a block of successive questions, relating to the achievement of the settled goal. These questions are aimed at definition of the goal of participation in the competition, creating a positive attitude towards achieving this goal and forming the confidence of an athlete in the high probability of such achievement (Высоцина, 2013).

**Psychological training** is a method of psychological correction with active training, aimed at knowledge, abilities, skills, and social attitudes formation. The purpose of psychological training is to achieve a variety of changes in athlete’s psychological characteristics by purposeful correction of mental processes, conditions, and personality characteristics, which are necessary in order to optimize sport results.

The problem of practicing psychological training is considered in various scientific papers (Williams, Krane, 2014; Kokun, 2015), but mostly it needs to be adapted in sports activity. In the practice, psychological training is aimed at increasing the psychological competence of each member of the training group, in particular, at developing self-knowledge skills, self-control, interpersonal and inter-group interaction, and professional psychological characteristics (stress resistance, confidence, etc.).

In recent years, a significant number of psychological trainings respond to modern demands and tendencies of the Olympic sport. They should be enhanced and taken into account for the development of psychological correction programs. **Modern directions of improving sports activity by the method of psychological training** include emotional-volitional training, training of self-preservation instinct management, training of self-estimation increase, training of sports aggression development, and acmeological training.

Among various psychological trainings and their modifications in sports, the most popular ones are: emotional-volitional training, associated with the development of the emotional intelligence of the athlete; instinct of self-preservation; training of sport aggression development; training of self-estimation increase or training assertiveness; acmeological training (Leonard, 2001; Высоцина, Спесивих, 2013). The introduction of modern psychological training in the system of athletes’ preparation is the progressive trend in sport psychology, which could increase the effectiveness of their performances.

In the process of psychological preparation, athletes periodically need to receive answers to psychological questions that are related to the correction of their emotional state, the relationship with the trainer and colleagues, the ability of their psyche to withstand certain physical activities, the desire to understand their own problems, to explore their strengths and weaknesses, to learn how to use their advantages consciously as much as possible, and also to manage with anxiety and fear, to develop motivation for victory even after a series of failures, etc. The list of above-mentioned issues is not definitive, since the reserves and capabilities of the human psyche are immeasurable.

Despite the fact that today in science there is no single view on the definition of the concept of “psychotherapy”, psychotherapeutic approaches and methods find their active application in sports practice.

In the field of the sport psychology, psychotherapy is a system of psychological impact on athlete’s psyche and, through the psyche, on his body. Psychotherapy is an activity, aimed at an athlete to eliminate emotional, personal, social, and other problems. It is conducted in the form of talks and discussions by establishing a trusting personal contact.

The main problem with using psychotherapy methods in sport is insufficient training of practitioners, since psychotherapeutic approaches and methods are the result of combining the knowledge of psychology and medicine (Brewer, 2009). Therefore, for successful introduction of the elements of psychotherapy into the system of athletes’ psychological preparation, it is necessary to have knowledge in the field of theory and methods of sports training, to understand the specifics of the competitive activity of athletes, to be able to recognize the characteristics of their psychological and physiological reactions, to diagnose changes in athlete’s emotional state and physiological clamps, based on visual psychodiagnostics, to know the features and patterns of the psyche functioning (the
study of general psychology and anatomy of higher nervous activity), as well as to be able to distinguish normal and pathological psyche conditions (the subject of medical psychology study), etc.

From a large number of psychotherapeutic methods (Алёшина, 2007; Freud, 2010; Csikszentmihalyi, Nakamura, 2011; Dowd, 2012; Rotella, 2015), we identified the main and the most effective in sports, in our opinion. Basic psychotherapeutic approaches and methods, used in athletes’ preparation: psychoanalysis; gestalt therapy; behavioral therapy; client-centered psychotherapy; neuro-linguistic programming; suggestive methods of influence; art therapy; psychodrama, sociodrama; transactional analysis; existential psychotherapy; body-oriented psychotherapy.

**Psychological counselling** is one of the types of psychological assistance, aimed at achieving a psychological comfort condition and preservation of mental health (Алёшина, 2007). The purpose of psychological counselling in sports is to provide psychological assistance to the athlete in comprehending what is happening and achieving the intended goal, based on realized choice in the process of correcting emotional experiences and interpersonal relationships, by giving him/her the opportunity to express himself/herself, to talk about what he/she cares about, to discuss unresolved problems. For example, understanding and changing the ineffective model of behaviour, making an important decision by choosing from various possible ones, determining ways to achieve the goals, etc.

Some experts believe that, depending on the target setting, psychological counselling can be corrective or developmental (Nelson-Jones, 2014).

Nowadays, there are no clearness between the concepts of “psychological counselling” and “psychotherapy” in the scientific literature. That is why, let us try to clarify this issue and show the main differences.

In contrast to psychological counselling, where the process is primarily associated with the analysis of external factors and internal resources of an athlete through provision with the necessary information and explanation of what is happening, psychotherapy is focused on profound changes in the personality and the development of stable destructive formations.

Psychological counselling, as a rule, appeals to athletes, who have problems in dealing with other people (coach, colleagues) or situational difficulties (the external locus of control – the responsibility for the situation is entrusted to others). And psychotherapy appeals to athletes in cases when there is inability to control and regulate their internal conditions, needs and desires, as well as some forms of behaviour (Алёшина, 2007) that characterize the internal focus of control (full awareness of their responsibility). At the same time, a meaningful attitude to the problem is the key factor that is an indicator of the advisability of psychological counselling.

The psychological counselling is usually short-term and limited to several meetings with a specialist, and the process of psychotherapy, as you know, can take many years. In sport, counselling can be carried out in both individual and group forms (for example, within the whole team).

The study of scientific and methodological literature about psychological correction in the training process allowed us to formulate and systematize a number of key psychological factors that affect athlete’s mental state. Most of the proposed psychological factors are unexplored, and, consequently, that pushed us to pay more attention to it.

In the scientific literature, the most explored psychological factors are: volitional, motivational, and psychophysiological (Beckmann et al., 2009; Williams, Krane, 2014; Kokun, 2015).

**Volitional** factor characterizes the psychological ability of an athlete to voluntarily mobilize volitional efforts to overcome obstacles, achieve goals, perform complex tasks, and control emotions, etc.

**Motivational** factor shows causes (motives) and to what extent encourage the athlete to struggle (victory in the competition).

**Psychophysiological** factor, in our study, includes the basic characteristics of the temperament type: strength and weakness, mobility and inertia, balance and imbalance of the nervous system, according to I. Pavlov, as well as introversion-extraversion and neuroticism, according to H. Eysenck (Eysenck, 2013; Williams, Krane, 2014). In addition, athlete’s stress resistance (determined on the basis of indicators of psychological and physiological stress) and other indirect indicators are located in the zone of this factor influence.
Less studied are the anticipatory and intellectual factors (Серова, 2007; Horn, 2008).

Anticipatory factor allows athlete intuitively anticipating the actions of the opponent, demonstrating accurate forestall reactions (especially in martial arts and game sports) as well as helps to reduce the risk of injury. Athletes with a sensitive nervous system have well developed anticipation.

Intellectual factor in sport is manifested through the realization of athlete’s mental cognitive processes (thinking, attention, memory, etc.), which reflect his ability to recognize, understand, and solve problems, and determine the effectiveness of strategy of achieving a competitive goal. Due to the intellect, athlete can analyze game situations, actions of the opponent, his/her own mistakes, make conclusions, plan the preparation rationally, use the ability to abstract, quickly perceive, and process information, etc.

Strategic, perceptive-aimed, managerial, and introspective factors are practically unexplored. Thereby, let us explain their content.

Strategic factor determines the sequence of thoughts and actions of an athlete in order to obtain a result. In our study, it characterizes the direction of athlete’s actions to create or destroy the practical realization of plans (practices) or their ideological thinking (theorist), the predominance of strategic or tactical thinking. All these psychological aspects are important for the successful implementation of competitive activities, but realizing psychic potential by an athlete has influence on choosing the way to achieve desired result. For instance, performing the same technical element (for example, scoring a goal in playing sports or striking in martial arts) the “destroyer” will have a mental attitude for destroying the opponent, demonstrating strength and aggression, and the “creator’s” thoughts will be focused on beauty and accuracy of movements, pleasure from the process of struggle and professional success. Management of the strategic factor will be accented not on changing athlete’s attitude, but on maximization of athlete’s present psychic characteristics adaptation to the conditions of competitive activity.

Perceptive-aimed factor reflects athlete’s perception of his/her future (optimism-pessimism). The optimistic perception of life enables an athlete to make accents on the best sides of people, things, and phenomena, to believe in themselves, in their victory, and the favourable outcome of events, to seek for improvement and not lose heart in difficult situations. At the same time, excessive optimism does not allow an athlete to see obstacles, neglect their significance, which can have both a positive and a negative impact on sport results. Pessimistic perception, usually manifested in imaginary obstacles, manifests in athlete by exaggerating the importance of real problems, which usually leads to anxiety and stress increase, especially under high physical and psychoemotional loads. On the other hand, pessimism helps to see the difficulties in achieving the goal. It can be used for developing programs to overcome these difficulties.

Managerial factor characterizes the role of an athlete in the team and his/her social functions (teacher-student, leader-follower, ideologist-performer). This factor is present in almost all sports, but mostly expressed in team game sports, as it is directly related to the playing role of an athlete, for example, forward or defender in football, ice hockey, and basketball, the skip (team captain) in curling, who makes strategic decisions. This factor more often has an indirect character, expressed in interaction with the trainer and colleagues, and depends on the volitional, motivational, and psychophysiological characteristics of an athlete.

Introspective factor is the most in demand, in our opinion, in the modern psychological athlete’s preparation, because it determines the degree of awareness, meaningful attitude to work, and vision of the goal, which is underestimated and often ignored in practice.

Introspect involves observing your own mental processes and experiences: thoughts, visualization, and feelings. At the same time, self-analysis is carried out through reflection-immersion in one’s own consciousness and rethinking of values, interests, motives, perceptions, and reasons for decision-making, emotional reactions, behavioural patterns, etc. Due to the ability to introspection, an athlete can analyze his/her mistakes qualitatively, which will reduce energy costs in the future performances and also prevent from new ones, learn to recognize his/her strengths and weaknesses, which will give an undoubted advantage over opponents.

To assess the significance of psychological factors in athletes’ activities, we studied the experts’
opinions, and the priority of the factors influence was determined on their basis (Fig. 2).

In general, the analysis of experts’ opinion revealed that the motivational and volitional factors (36.5 points) were leading among the integral indicators of the psychological factors, which had influence on athletes’ activity. It confirms the established opinion (Horn, 2008; Beckmann et al., 2009; Williams, Krane, 2014). The next important aspect is the psychophysiological factor (32.3 points), which characterizes genotypically conditioned properties of athlete’s psyche; then, equally, the intellectual and introspective factors influence on athlete’s activity (30.8 points each), which can be regarded as complementary. In the absence of correlation relationship between them, it is obvious that the degree of manifestation of the ability to self-knowledge or introspection is largely determined by the functions of thinking, attention, and memory. And, vice versa, the more an athlete shows mindfulness and works with himself/herself psychologically, the higher his/her intellectual capabilities are. The lack of correlation between them is due to the fact that the intellectual factor predominates in the game sports and introspective – in the martial arts.

According to the integral evaluation of psychological factors influence on athlete’s personality, less significant are the factors of anticipatory, strategic, perceptive-aimed, and managerial capabilities. However, the place and contribution of these factors in the overall structure of psychological factors indicate that they must be taken into account when developing programs for the psychological preparation of athletes. Therefore, the anticipation is manifested in the intuitive reactions of an athlete, especially under the time limit conditions. Optimism or pessimism, which characterize the perceptive-aimed factor, forms a characteristic way of thinking and determines the choice of actions (for example, in an unfavourable competitive situation an athlete surrenders and stops making efforts or fight). The strategic and managerial factors reflect athlete’s behavioural style, which shows the way they achieve success. These are the reserves and prospects for scientific research in the psychology of sports, in our opinion.

Analysis of the correlation between psychological factors, which influence athletes’ activity, indicates that the motivational factor greatly influences the other factors, especially united by behavioural component: strategic (r = 1.00), perceptive-aimed (r = 0.67), anticipatory (r = 0.99), and managerial (r = 0.71). It needs to be noticed that all of these factors have significant positive correlation relations among themselves. In addition, the perceptive-aimed and managerial factors have positive relationships with the intellectual factor (r = 0.91 and r = 0.60, respectively), which indicates the need for analytical approach in these areas.

At the same time, the volitional factor has a high level of interrelation with the introspective factor (r = 0.81), which indicates its reflexive character or the need for an internal comprehension of volitional attitudes. The psychophysiological factor has a negative correlation with introspective factor (r = −0.86), which reflects the low indices of introspection in gaming and cyclic sports with high psychophysiological factor.

The complex of psychological factors impact (Fig. 3) was calculated as amount of all factors for each group of sports (maximum 90 points). More influence was noticed in game sports – 74.8 points; single combats are in the second place – 73.5 points; difficult-coordination sports in the third place – 72.2 points, and the smallest indicator was marked in cyclic sports – 61.3 points.

![Fig. 2. Integral indicators of the main psychological factors, affecting competition activity](image-url)
Since the application of psychocorrection methods in sports and the rationale for their choice under individual and complex influences depend on those psychological factors that reflect the specific nature of the sport, we analyzed the indicators of psychological factors in gaming, cyclic, difficult-coordination sports, and martial arts. We presented schematically the level of their influence and prioritization. Detailed study of the psychological aspects of competitive activities in the Olympic sports allowed to develop a psychological correction system in the dynamics of athletes’ preparation (Fig. 4).

Proceeding from the psycho-correctional directions of influence on athletes’ performance effectiveness, the subject of influence was allocated in the structure of the system, and the personality of an athlete was considered as the object of influence.

Practical implementation of the system, based on the application of psychological correction methods complex, which corresponds to the main psychological factors, affecting competitive activity in this sport (Table 2).
Conclusions

1. The study of scientific and methodological literature data allowed to systematize and generalize knowledge about modern methods of athlete’s personality psychological correction in the Olympic sport. The main psychocorrectional directions of impact on athletes’ performances effectiveness were singled out. The structure of psychocorrection methods was developed, including psychotherapeutic methods, psychological counselling, and psychological training.

2. The main psychological factors, which influence athletes’ trainings, were determined. The content and forms of their manifestation in competitive activities were examined. Based on the expert survey, it has been shown that the most significant factors were motivational, volitional, and psychophysiological. And the most demanded and perspective for further studying was introspective factor.

3. The integral indicators of psychological factors, which impact competitive activity in the Olympic sport, were calculated and analyzed. Their interrelations and priority importance were revealed as well. The local influence of psychological factors on the performance of athletes in the Olympic sport (sport games, cyclic, difficult-coordination, and martial arts) has been studied.

4. The psychocorrection system was formed on the basis of taking into account the influence of psychological factors on athletes’ preparation. The structure of the system includes complexes of psychocorrection methods, corresponding to the substantive component of each psychological factor.

Prospects for further research were related to the introduction of the proposed system of athlete’s personality psychocorrection into the process of sports training.

REFERENCES


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<td>Volitional (ability to arbitrarily mobilizing the nervous system and overcoming obstacles)</td>
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<td>Predominant correction</td>
<td>Emotional-volitional training</td>
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<td>Strategic (strategist-tactician, practitioner-theorist, creator-destroyer)</td>
<td>Psychoanalysis, body-oriented psychotherapy</td>
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<td>Perceptive-aimed (optimism-pessimism)</td>
<td>Gestalt therapy, psychoanalysis, existential psychotherapy</td>
<td>Corrective or developing (personal growth) counselling</td>
<td>Training of self-esteem increase</td>
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<td>4</td>
<td>Anticipatory (ability to anticipate)</td>
<td>Neuro-linguistic programming, art therapy</td>
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<td>Managerial (teacher-student, leader-followership, ideologist-executor)</td>
<td>Transactional analysis, client-centered psychotherapy, psychodrama, sociodrama</td>
<td>Predominantly developing (personal growth) counselling</td>
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<td>6</td>
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<td>7</td>
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<td>Gestalt therapy, neuro-linguistic programming</td>
<td>Predominantly developing (personal growth) counselling</td>
<td>Acmeological training</td>
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<td>8</td>
<td>Introspective (awareness and meaningful attitude towards work, vision of the purpose)</td>
<td>Psychoanalysis, client-centered psychotherapy</td>
<td>Corrective or developing (personal growth) counselling</td>
<td>Emotional-volitional and acmeological trainings</td>
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<td>Body-oriented psychotherapy, gestalt therapy</td>
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<td>Training of self-esteem increase and emotional-volitional training</td>
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Table 2

Methodology of main psychological factors correction in the dynamics of athletes’ preparation
SPORTININKŲ ASMENYBĖS PSICHOLOGINĖS KOREKCIJOS SISTEMA OLYMPINIAIME SPORTE

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SANTRAUKA

Straipsnyje, remiantis literatūros šaltinių apžvalga, susisteminti ir apibendrinti tyrimų apie šiuolaikinius sportininkų asmenybės psychologinės korekcinės metodų olimpiniame sporte rezultatai. Išskirtos pagrindinės psichologinės korekcinės poveikio kryptys, veikiančios sportininkų veiklos rezultatyvumą, ir sukurta psichologinė korekcijos metodų struktūra, apimanti psichoterapinius metodus, psichologinę konsultaciją ir psichologinę savitąją.

Siūlomas tyrimo algoritmas leido pasirinkti tinkamas psichologines priemones ir metodus, atsižvelgiant į jų suderinamumą ir integralų poveikį sportininko asmenybei. Tai yra būtina sąlyga tam, kad būtų sukurtos individualios individualioje sportininkų veikloje, atsižvelgiant į jų suderinamumą ir integralų poveikį sportininko asmenybei.

Autorių nuomone, pagrindinės psychologinės korekcinės krypties įtakos sporto veikloje yra šios: sportininkų asmenybės psichologinė korekcinės metodų struktūra, apimanti psichoterapinius metodus, psichologinę konsultaciją ir psichologinę savitąją.

Mokslinės ir metodinės literatūros apie psichologinę korekcinę sporto veikloje yra šios: sportininkų asmenybės psichologinė korekcinės metodų struktūra, apimanti psichoterapinius metodus, psichologinę konsultaciją ir psichologinę savitąją.

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Būtent šios psichologinės korekcinės krypties įtakos sporto veikloje ir jų prioritetinė svarba. Mokslinių duomenų analizė parodė, kad iš integralių psichologinių faktorių įtakos ro-

**Raktažodžiai:** psichologinė korekcija, olimpinis sportas, korekcijos metodai, psychologiniai veiksniai.

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