

New Paradigm in Modern Sports Psychology

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Abstract

The article is a critical review of the main stages of the development of sports psychology in Russia and the rationale for new ways, new approaches for the psychological support of athletes. Also in this article a new paradigm of sports psychology is proposed. The essence of this approach consists in the transition from the process of correction and regulation of the athlete's mental states to the formation of psychological entities that can provide a state of confidence and stability in the process of the athlete's performance in competitions. In this regard, the key tasks of sports psychology should be the study of the possibility of forming the basic personal attitudes and characteristics of the athletes at each stage of the sports career, which include viability, initiative, confidence, self-control, self-regulation.

In addition, the important direction of work should be the creation and development psychological techniques that determine the formation of basic attitudes and personal characteristics of the athlete, the definition of the role and place of the coach, psychologist, as well as of the athlete himself in the formation of the subject of sports activities. The article notes that the new paradigm of the development of sports psychology does not exclude the existing approaches in sports psychology, but on the contrary relies on its achievements.

Keywords: Russian sports psychology; new paradigm; athletes.

Modern Russian sports psychology underwent several stages in its development. The first stage is connected with the names of Avksentii Puni and Piotr Roudick, who headed the Department of Psychology in Leningrad Institute of Physical Culture named after P.F. Lesgaft and the State Central Institute of Physical Culture (Moscow).

The stage lasted until the 70s of the previous century and was mainly represented by research in the sphere of psychophysiology, motor function, and volitional processes of the athletes. It was in this period that instrumental methods appeared (measuring the reaction time, levels of concentration of attention, etc.) alongside with methods in psychology (research into self-concept, levels of claims, etc.). Books «Psychology of sport» (Rudik, 1962), «Psychological Preparation of the Athlete's for Competitions» (Puni, 1969) were published. All of these factors influenced the advancement of applied sport psychology.

However, this was insufficient to make sports psychology an applied science and to organize systematic psychological work with athletes.

To a great extent, modern applied sports psychology in Russia takes its roots in the early 70 years of the previous century (this also applies to European and American psychology to some degree).

It was during these years that a real system of psychological preparation of athletes was created in Russia (Gis-

sen, 1973; Gorbunov, 2006; Alekseev, 1978; Khudatov, 1968; Rodionov, 1972 and etc.)

Especially it is necessary to point out the work of the Russian Research Institute of Physical Culture (VNIIFK), laboratory headed by the prominent sportsman (Olympic Games' medalist), and the outstanding sport psychologist, doctor Leonid Gissen.

In this very laboratory it was created the system of psychological preparation of top level athletes which included psycho-diagnostics (tests of level of athletes' psychological preparation, psychic state and psychological readiness before competition), and also programs of psycho-regulating training for managing and regulating athletes' psychological states in pre-competitive and competitive periods. (Gissen, 1973; Alekseev, 1978).

This was a breakthrough in sports psychology because it enabled the sports psychologist to conduct real practical work with athletes.

The creation of the system itself led to a belief that sports psychology had finally established the needed conceptual framework (psychodiagnostics and psychoregulation) for real applied work in sports.

However, the practical application of this system in sports and a deeper analysis of its effectiveness revealed some weakness in its functioning.

It was revealed that the most stable and successful athletes are those who have a combination of specific psycho-

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logical qualities. At the same time it was unclear how to shape these qualities.

For psychologists, coaches, athletes it has become obvious the position that the athletes' self-confidence in greater extent provides success in competition, but how to build it confidence was not clear.

It was supposed that the solution to the problem could only be found in the of psychoregulating training method (mental training in the international literature), but as real competitions demonstrates, this type of training does not always bear fruit.

More than thirty years of research of mental training as a factor forming psychological stability of a sportsman in competitions revealed that this method ensure the inclusion in the regulation mechanisms of physiological level to a more degree (Malkin and Rogaleva, 2015, 2016).

Under the influence of mental training physiological mechanisms become more resistant to stress-competitive factors, provides optimal functioning of the vegetative and psychomotor systems of the body. It can provide stability by exercise performance but only up to a certain limit (Naenko, 1976).

Exceeding this limit leads to disorganization of the functional systems of the organism, which make worse effective of the activity of the athlete.

Creating optimal mental state of an athlete, from which is largely dependent on the success of athlete performances, is provided a consistent inclusion in the regulatory process the mechanisms of physiological and psychological level, where the latter have a leading role in the formation of a psychological condition of the athlete, especially in stress-competitive conditions (Malkin and Rogaleva, 2016).

If we consider motives, attitudes, goals as the main psychological mechanisms for regulating and stabilizing athletes under stressful competition conditions, then the question arises: how to shape these settings? How to include them in the process of regulating sports activities? There is still no answer to these questions.

This, in turn, enforced the creation of a new paradigm, a new concept of how sports psychology should be used to prepare athletes.

Therefore, we suggest that a psychological and educational approach should be followed. The process of correcting and regulating the athletes' mental states should be replaced by the process of shaping certain psychological settings which influences the athletes' confidence and emotional stability during competitions.

In regard to this situation, Genadii Dmitrievich Gorbunov (2006), a long-standing sports psychologist of Soviet Union and Russian swimming national teams published a book entitled «Psycho-pedagogy in Sport».

Genadii Dmitrievich Gorbunov tried to combine psychology and pedagogy into one system of sportsman's preparation focusing at his work, above all, on influence on sportsman's personality.

Our researches have also shown that exactly this approach is the most effective one in solving psychological problems throughout all athletes' career (Malkin and Rogaleva, 2010, 2015, 2016).

And still, to turn concept into a practical system, we need to define the basic principles on which this system should have its foundations.

We believe that personal development and growth is a key issue in the athletes' psychological adaptation to the sports process. The full participation of the athlete in any sports activity as its subject will contribute to form the needed psychological settings which lead to the development of confidence, emotional stability and mental readiness for competitions.

This approach requires a reconsideration of existing view on the work of coaches and psychologists, orientation on theories substantiating conditions and ways of formation of self-sufficient and effective sportsman's personality.

To the greatest extent, this corresponds to the theories of Deci and Ryan (1985, 1990), Duda and Balaguer (2007) and Rubinstein (2004), because exactly in the framework of the theories were identified conditions which are necessary to form psychological stability of sportsman's personality (Social support, Deci and Ryan (2012); Motivational climate, Duda and Balaguer (2007), it is also proved that achievement of high professional results is possible only in case the individual has formed a responsibility, there is a personally significant goal and the dominant motive is an improvement of results of individual activity (Rubinstein, 2004).

To assess the development of a personality as a subject of any activity, we can use only relative criteria, relative characteristics, individual to each and every person.

One these criteria is the activity they perform. A person's activity defines his/her actions, motives, aims, willingness (or unwillingness) to carry it.

Among the most significant characteristics within the context of life strategy are the following characteristics: responsibility, initiative, confidence, stability, independence in decision-making, self-control, self-regulation.

Defining these basic characteristics of a person gives a possibility to define the work of a coach and psychologist, as well as the means and techniques to develop these psychological settings.

Therefore, the development vector in applied sports psychology should shift towards the development of the subject in any sports activity.

This leads us to the following new tasks in sports psychology: (1) Defining the basic settings of the subject in any sports activity throughout the career; (2) Creating and developing psychological techniques to shape these basic settings; (3) Defining the role and the place of the coach, psychologist, athlete himself/herself in shaping of the subject of a sports activity.

There are still a number of problems, for instance the problem of the junior athlete, who reaches the top performance in his/her earlier years (gymnastics, swimming, etc.).

Speaking about a new paradigm in the development of sports psychology, we will not attempt to discard any recent achievements of the science; on the contrary, we believe that only proceeding from these findings we can find a new vector for its development.

Starting the supplement to the Spanish Journal of Sport Psychology (RPD), which will in the future become the Russian journal «Sports Psychology», we cannot but outline the direction and the concept of this periodical. All the problems mentioned are major problems that sports psychology should resolve.

Our understanding is that the concept of the journal should focus on practical

Demands of sports to modern psychology should proceed from those approaches, in order to make sport psychology a real applied science in sports. We understand that this approach is rather time-consuming, which is why we welcome all papers with the focus on practical questions in sports psychology. In this journal and in the following issues different perspectives will be very welcome because it will be the way to promote the development of sport psychology, namely in its applied branch, and consequently contribute to solve the sports practical problems.

The journal will be mostly aimed at the Russian audience at the beginning; we are planning to make it international in the nearest future.

Новая парадигма в современной спортивной психологии

Аннотация

Статья представляет собой критический обзор основных этапов развития спортивной психологии в России и обоснование новых путей, новых подходов к психологической поддержке спортсменов. Также в этой статье предлагается новая парадигма спортивной психологии. Суть этого подхода заключается в переходе от процесса коррекции и регулирования психических состояний спортсмена к формированию психологических образований, которые могут обеспечить состояние уверенности и стабильности в процессе выступления спортсмена на соревнованиях. В связи с этим ключевыми задачами спортивной психологии должно стать изучение возможности формирования базовых личностных установок и характеристик спортсменов на каждом этапе спортивной карьеры, к которым относятся жизнеспособность, инициативность, уверенность в себе, самоконтроль, самообладание. регулирование.

Кроме того, важным направлением работы должно стать создание и развитие психологических приемов, определяющих формирование базовых установок и личностных характеристик спортсмена, определение роли и места тренера, психолога, а также самого спортсмена в формировании субъекта спортивной деятельности. В статье отмечается, что новая парадигма развития спортивной психологии не исключает существующие подходы в спортивной психологии, а наоборот опирается на ее достижения.

Ключевые слова: российская спортивная психология; новая парадигма; спортсмены.

Nuevo paradigma en la psicología del deporte moderno

Resumen

El artículo es una revisión crítica de las principales etapas del desarrollo de la psicología del deporte en Rusia y la justificación de nuevas formas, nuevos enfoques para el apoyo psicológico de los atletas. También en este artículo se propone un nuevo paradigma de psicología del deporte. La esencia de este enfoque consiste en la transición del proceso de corrección y regulación de los estados mentales del atleta a la formación de entidades psicológicas que pueden proporcionar un estado de confianza y estabilidad en el proceso del desempeño del atleta en las competiciones. En este sentido, las tareas clave de la psicología del deporte deberían ser el estudio de la posibilidad de formar las actitudes y características personales básicas de los atletas en cada etapa de la carrera deportiva, que incluyen viabilidad, iniciativa, confianza, autocontrol, autocontrol regulación.

Además, la dirección importante del trabajo debe ser la creación y el desarrollo de técnicas psicológicas que determinen la formación de actitudes básicas y características personales del atleta, la definición del papel y el lugar del entrenador, psicólogo, así como del propio atleta. en la formación del tema de actividades deportivas. El artículo señala que el nuevo paradigma del desarrollo de la psicología del deporte no excluye los enfoques existentes en la psicología del deporte, sino que, por el contrario, se basa en sus logros.

Palabras clave: psicología deportiva rusa; nuevo paradigma; atletas.

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