

COPING STRATEGIES OF FREE STYLE WRESTLERS OF DIFFERENT MANNERS OF BATTLES

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Key words: *psychological indicators, wrestling, way of fighting, coping strategies.*

Purpose is to determine psychological indicators of 14–15-year-old freestyle wrestlers of various manners of fighting in conditions of increased intensity of competitive activity. Materials and methods. The study of psychological characteristics of freestyle wrestlers was carried out in the pre-competition stage at the sports base of the freestyle wrestling section of the public organization “SKVB “Kolizei”” in Kharkiv. 47 wrestlers aged 14–15 took part in the study, who were divided into conditional groups according to the criterion of fighting style: playing style (n = 13), tempo style (n = 15) and strength style (n = 19). Diagnostics of psychological parameters was carried out using: the Lazarus coping test, aimed at identifying strategies for getting out of difficult situations; the Eysenck personality questionnaire in order to determine the level of neuroticism and values of the extroversion/introversion scale, as well as the type of temperament; the Spielberg-Khanin test to identify indicators of personal and situational anxiety of wrestlers. Mathematical processing of the research results was carried out using the SPSS 23 program. The results. In the course of the analysis of the results of the coping test, it was established that the strategies of planning a problem solution (X=14.1, m=2.36) and seeking social support (X=12.3, m=2.78). Representatives of the tempo and force manner of fighting are characterized by the dominance of the confrontation strategy (X=13.3, m=2.89) and (X=12.9, m=3.84), respectively, acceptance of responsibility (X=12.1, m =2.59) and (X=13.1, m=3.55), respectively, and self-control in the tempo group of wrestlers (X=12.0, m=2.30). The study of types of temperament in wrestlers of different manners of conducting a match revealed the predominance of phlegmatics in all groups: playing style (61.5%), tempo (60.0%) and strength (52.6%). Conclusions. In the course of the study, reliable differences were found in the choice of a strategy for getting out of a problematic situation among representatives of different manners of fighting. These features should be taken into account when planning and implementing differentiated technical and tactical training of freestyle wrestlers aged 14–15 years.

КОПІНГ-СТРАТЕГІЇ БОРЦІВ ВІЛЬНОГО СТИЛЮ РІЗНИХ МАНЕР ВЕДЕННЯ СУТИЧОК

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Мета – виявлення психологічних показників борців 14–15 років вільного стилю різних манер ведення сутичок в умовах підвищеної інтенсивності змагальної діяльності. Матеріали та методи. Вивчення психологічних характеристик борців вільного стилю проводилось у передзмагальному етапі на спортивній базі секції вільної боротьби громадської організації

«СКВБ «Колізей»» м. Харкова. У дослідженні взяли участь 47 борців віком 14–15 років, які були розподілені на умовні групи за критерієм манери ведення сутичок: ігрова манера ($n = 13$), темпова ($n = 15$) та силова манера ($n=19$). Діагностика психологічних параметрів здійснювалася із застосуванням: копінг-тесту Лазаруса, спрямованого на виявлення стратегій виходу із важких ситуацій; особистісного опитувальника Айзенка з метою визначення рівня нейротизму та значень шкали екстраверсії/інтроверсії, а також типу темпераменту; теста Спілберга-Ханіна для виявлення показників особистісної та ситуативної тривожності борців. Математична обробка результатів дослідження проводилася за допомогою програми SPSS 23. Результати. У ході аналізу результатів копінг-тесту встановлено, що у борців ігрової манери ведення сутичок у разі виникнення важкої ситуації переважають стратегії планування вирішення проблеми ($X=14,1$, $m=2,36$) та пошуку соціальної підтримки ($X=12,3$, $m=2,78$). Представники темпової та силової манери ведення боротьби характеризуються домінуванням стратегії конфронтації ($X=13,3$, $m=2,89$) та ($X=12,9$, $m=3,84$), прийняття відповідальності ($X=12,1$, $m=2,59$), ($X=13,1$, $m=3,55$) та самоконтролю у темпової групи борців ($X=12,0$, $m=2,30$). Вивчення типів темпераменту у борців різної манери ведення поєдинку виявило переважання флегматиків у всіх групах: ігрового стилю (61,5%), темпового (60,0%) та силового (52,6%). Висновки. У ході дослідження виявлені достовірні відмінності у виборі стратегії виходу з проблемної ситуації у представників різної манери ведення сутичок. Такі особливості слід враховувати у плануванні та здійсненні диференційованої техніко-тактичної підготовки борців вільного стилю віком 14–15 років.

Formulation of the problem. Changes in the structure of the competitive activities of free style wrestlers, determining a significant increase in the intensity of the fight, led to the implementation confrontation at the limiting level of the use of the functional systems of the body [2; 4]. This fact points to the importance of informative and objective control of indicators of preparedness of wrestlers aged 14–15, key of which are the parameters of the functional and psychological state athletes at the stage of direct preparation for the competition [1; 3].

The situation is complicated by the fact that at the moment, due to the rearrangement of species training of wrestlers, dictated by changes in the rules of the competition, is found lack of scientific and methodological support for the psychological support of athletes, since the change of tactical models confrontation is characterized by the appearance new features of decision-making on the choice of the optimal technical and tactical actions by representatives of different fighting styles [5]. These aspects depend on individual typological characteristics mentality of wrestlers and ways to overcome specific situations using various exit strategies [2].

Thus, the study of the psychological characteristics of wrestlers aged 14–15, taking into account the manner of conducting a duel is a topical issue of modern sports science.

The purpose of the study is to identify the psychological indicators of freestyle wrestlers of vari-

ous styles of wrestling under conditions of increased intensity of competitive activities.

Presentation of the main research material.

The study of psychological characteristics of free-style wrestlers was carried out in the pre-competition stage at the sports base of the freestyle wrestling section of the public organization “SKVБ “Kolizei”” in Kharkiv. 47 wrestlers aged 14–15 took part in the study, who were divided into conditional groups according to the criterion of fighting style: playing style ($n = 13$), tempo style ($n = 15$) and strength style ($n = 19$). Diagnostics of psychological parameters was carried out using: the Lazarus coping test, aimed at identifying strategies for getting out of difficult situations; the Eysenck personality questionnaire in order to determine the level of neuroticism and values of the extroversion/introversion scale, as well as the type of temperament; the Spielberg-Khanin test to identify indicators of personal and situational anxiety of wrestlers. Mathematical processing of the research results was carried out using the SPSS 23 program.

The results of the analysis of wrestlers’ coping strategies are presented in Table 1.

During the analysis of the results of the coping test, it was found that the wrestlers have a playful manner of conducting a fight when difficult situation is dominated by strategies problem solving planning ($X=14.1$, $m=2.36$) and seeking social support ($X=12.3$, $m=2.78$).

Table 1

The analysis of coping strategies of wrestlers, taking into account the manner of conducting a fight

| № | Coping strategies | The manner of conducting a fight | | | | | | | | |
|---|-----------------------------|----------------------------------|----------|----------|----------------------|----------|----------|-------------------------|----------|----------|
| | | playing style (n = 13) | | | tempo style (n = 15) | | | strength style (n = 19) | | |
| | | <i>X</i> | <i>m</i> | <i>p</i> | <i>X</i> | <i>m</i> | <i>p</i> | <i>X</i> | <i>m</i> | <i>p</i> |
| 1 | Confrontation | 8.8 | 2.17 | <0.001 | 13.3 | 2.89 | <0.05 | 12.9 | 3.94 | <0.001 |
| 2 | Distancing | 9.6 | 2.43 | <0.05 | 8.4 | 2.75 | <0.05 | 8.2 | 2.99 | <0.05 |
| 3 | Self control | 8.6 | 2.60 | <0.05 | 12.0 | 2.30 | <0.001 | 9.4 | 2.27 | <0.001 |
| 4 | Seeking social support | 12.3 | 2.78 | <0.001 | 8.7 | 3.03 | <0.05 | 9.5 | 3.37 | <0.05 |
| 5 | Taking responsibility | 7.5 | 2.26 | <0.001 | 12.1 | 2.59 | <0.05 | 13.1 | 3.55 | <0.05 |
| 6 | Flight / Avoidance | 8.7 | 2.39 | <0.05 | 9.2 | 2.60 | <0.05 | 8.3 | 2.24 | <0.05 |
| 7 | Problem resolution planning | 14.1 | 2.36 | <0.001 | 8.4 | 2.26 | <0.05 | 9.2 | 3.24 | <0.05 |
| 8 | Positive revaluation | 8.5 | 2.70 | <0.05 | 8.7 | 3.37 | <0.05 | 11.9 | 3.87 | <0.001 |

Table 2

An analysis of the psychological indicators of wrestlers, taking into account the manner of wrestling

| № | Indicators | The manner of conducting a fight | | | | | | | | |
|---|-----------------------------|----------------------------------|----------|----------|------------------------|----------|----------|------------------------|----------|----------|
| | | playing style (n = 13) | | | playing style (n = 13) | | | playing style (n = 13) | | |
| | | <i>X</i> | <i>m</i> | <i>p</i> | <i>X</i> | <i>m</i> | <i>p</i> | <i>X</i> | <i>m</i> | <i>p</i> |
| 1 | Personal anxiety | 36.2 | 4.22 | <0.05 | 34.5 | 2.53 | <0.05 | 34.8 | 2.65 | <0.05 |
| 2 | Situational anxiety | 30.4 | 3.69 | <0.001 | 38.3 | 5.78 | <0.001 | 36.9 | 4.56 | <0.001 |
| 3 | Extraversion / Introversion | 11.4 | 4.29 | <0.05 | 10.7 | 3.58 | <0.05 | 11.3 | 4.11 | <0.05 |
| 4 | Neuroticism | 7.1 | 1.75 | <0.001 | 7.3 | 2.43 | <0.05 | 9.2 | 2.99 | <0.001 |

The first strategy is characterized by overcoming the difficult situations through targeted analysis its structure and content, as well as a comprehensive consideration of objective conditions in involvement of personal resources and experience in the implementation of professional activities. At wrestling, such aspects include the analysis of spatio-temporal characteristics of a competitive fight, taking into account individual parameters of readiness and having experience in successfully performing technical and tactical actions in similar episodes of confrontation.

The second strategy is expressed in solving the problem using external resources, for example, information and emotional support in terms of interaction with the team. In this case, the wrestler can get information about the peculiarities of wrestling opponent based on his tactical preferences, state of morpho-functional and psychophysiological parameters collected coach or teammate.

Representatives of the tempo manner of conducting wrestling is characterized by dominance confrontation strategies ($X=13.3$, $m=2.89$), taking of responsibility ($X=12.1$, $m=2.59$) and self-control ($X=12.0$, $m=2.30$).

The use of the confrontation strategy consists in behavioral activity and an increase in the subject's energy costs while solving a problem situation. With

regard to the implementation of the competitive fight, this aspect is manifested in an increase in the intensity of confrontation with the presence of active and stable opposition from the opponent. The strategy of taking responsibility involves the reflection of the results of professional activity with a clear idea of their role in the process of its implementation, which is typical for wrestlers of all styles. For example, during video analysis of competitive and test fights the wrestler is able to adequately assess mistakes in the implementation of their technical and tactical actions at various structural stages of the meeting, as well as recognize an unsatisfactory final result for the purpose of further introduction adjustments to the system of integral training. Applying a self-monitoring strategy is based on overcoming negative experiences by reducing the influence emotions on performance. During the fight, this aspect is expressed in maintaining high control of their behavior during the manifestation of unsportsmanlike aggression from the enemy.

The wrestlers of the power style of waging a fight are also dominated by the strategies of taking responsibility ($X=13.1$, $m=3.55$) and confrontation ($X=12.9$, $m=3.84$), but with the presence of higher values of the strategy positive revaluation compared to tempo athletes ($X=11.9$, $m=3.87$). This strategy is distinguished by solving the problem by positively

rethinking its components from the position of accepting their emergence for the further growth of professional qualities. Such a situation may be defeated in a separate fight, where the opponent outnumbered the wrestler by one from the readiness parameter criteria, which has been reviewed and included in training program as a key indicator.

Positive reevaluation strategy more commonly used by elite athletes and promising wrestlers for whom this the readiness parameter eventually becomes decisive in their competitive activity.

An analysis of the psychological indicators of wrestlers was carried out, taking into account the manner of wrestling. The results of the study are presented in Table 2.

During evaluating the results of the psychological indicators of athletes who are on stage of direct preparation for the competition, some significant ($p < 0.05$) differences were also revealed, taking into account the manner conducting the fight. Game style wrestlers in this period have low values situational anxiety ($X=30.4$, $m=3.69$), which allows the most efficient implementation of highly intelligent and complex-coordinating tactical model of strug-

gle, which requires the absence psychological stress and stiffness in motor actions. Wrestlers in the power manner of conducting a fight had the highest values of the level of neuroticism ($X=9.2$, $m=2.99$), which is justified by increased nervous excitability during implementation of the confrontation due to regular static stress during the solution of technical and tactical episodes of the struggle.

Studying the types of temperament in wrestlers' different manner of conducting a fight revealed the predominance of phlegmatic in all groups: playing style (61.5%), tempo (60.0%) and power (52.6%). In second place among wrestlers and tempo players are sanguine wrestlers (30.8% and 26.7%, respectively), in power athletes' manners of wrestling – choleric (31.6%).

Conclusions. So, the results of the present study allow us to conclude that there are significant differences in the choice of a strategy for getting out of a problem situation among representatives of different manners of waging a fight. These features should be taken into account when planning and implementing differentiated technical and tactical training freestyle wrestlers aged 14–15.

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