

THE INFLUENCE OF SELF-ESTEEM ON THE EMOTIONAL STATE OF AN ATHLETE

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Annotation. Modern sport, due to its specificity and due to the constant growth of its social significance, is characterized as an activity carried out mainly in conditions of pronounced stress, its experience can lead to the emergence of special negative states, the full overcoming of which is possible only with the provision of professional psychological support. The extreme nature of sports activity creates a subsequent ground for the development of various forms of stress conditions, the most severe of which have a strong negative impact on the overall condition of the athlete, significantly impairing the results of his professional activity.

Keywords: *stress, athlete, psychological preparation, emotional and mental state, self-esteem, motivation, self-control.*

Introduction. During his sports activity, a professional athlete faces three types of situations that can be regarded as psycho-traumatic:

1. A physical injury received both at competitions and outside them, the consequence of which may be the cessation of the growth of sports results or forced retirement from sports.
2. Psychological trauma because of interaction with people around the athlete
3. "Personal" psychological trauma, experienced as an intrapersonal conflict or crisis that is not related to the environment, The result of psycho-traumatic influences of this kind is the development of a special negative mental state, in which the athlete is balancing on the edge separating extre-

me variants of the norm from pathological reactions [3, 7].

Each of these types of situations that any athlete can face in an ordinary moment of training and career building can affect his further emotional behavior. For example, there may be a change in the so-called affective sphere. Such a change will entail a number of changes in the behavior of the athlete, for example, he will no longer feel joy for his victories, emotional hunger will come, victories, defeats - everything will become commonplace. Such a person will feel unsafe, the eternal feeling that someone else is deciding how his fate will turn out. And in general, any emotionally devastated person will not feel safe. There will be a struggle and hysteria inside, when the dream disappears, and the time will come for eternal reflection on the need to change something, but you can't figure out how to do it, and when the solution to the problem comes, you don't find the strength and desire to help yourself, you feel like a victim. That's what is dangerous about emotional hunger. You feel like a stranger to yourself.

The next thing you can expect is a change in the cognitive sphere. At this stage, an athlete may lose faith in himself, and here, more than ever, the help and support of his loved ones are needed. It is not about consoling his self-esteem, but about reminding him how much he has already passed, how many victories have been sealed, how many new things are still waiting for him on this difficult path, and most importantly, to make it clear that he is not alone. Perhaps he will not be able to listen to these words at the moment, perhaps they will seem to him completely unreasonable and meaningless, because he will consider himself an unsuccessful athlete, but time will pass, he will definitely remember them at the very mo-

ment of searching for himself, when he begins to cling to everything, why he should not give up everything and give up right now. Also, an athlete may feel a sense of fear of an opponent, before pain and before the possibility of getting a serious injury. Such fears are usually caused by his internal experiences and again by lack of confidence in his own abilities. If at the same time the coach notices such despondency of the athlete and begins to reproach him for the weakness of his character, the inability to strive for victory, then a new attitude will appear and the problem of uncertainty will continue to grow. Then, if a person wants to continue his career as an athlete, working with psychologists will be the first and urgent thing on his to-do list for the week. It is quite difficult to solve these problems alone [1, 6].

On the way to his goal, an athlete may face several problems that he can only cope with on his own. They test his character for strength and allow him to stand on the podium of victories in big sports. The initial feeling of euphoria when the first goal is achieved weakens over time and is replaced by a feeling of dissatisfaction, the realization that many life values need to be sacrificed to achieve the main thing to maintain a high stable result. An athlete may not have enough time to communicate with relatives and friends, because it is impossible to communicate with them and give their strength to sports at the same time, they must sacrifice their family, family traditions and give their time to training. Regular classes in the gym, compliance with the daily routine, balanced nutrition, concentration on your physical condition and on your inner athletic mood require attention, strong-willed efforts and, above all, a demanding attitude to yourself [5].

It follows from this that self-confidence is cultivated due to the successful completion of complex tasks; the development of self-regulation of emotional states allows the athlete to carefully observe his initial state, which is decisive in the system of psychological training and a constant analysis of comparisons with what was before and what is now. An athlete interprets sports events either as positive or as negative phenomena. If they are po-

sitive, then the level of self-esteem of the athlete increases and he can critically evaluate his own actions, successes and failures, sports results of team members. With negative emotions, self-esteem decreases, and the athlete loses the opportunity to adequately assess the situation [9].

By acquiring the skills of self-control and relaxation, as well as the ability to correctly form self-esteem and, if necessary, increase its level, an athlete will be able to optimize the results of his professional activity.

The self-esteem of an athlete depends primarily on the dynamics and stability of his sports results. From his point of view, success is the primary and immediate goal of sports activity, the main value that he strives to achieve. Success is achieved through intensive sports training and is a link between several personal and social goals, namely: high self-esteem, prestige, authority, health, attractive appearance, physical perfection, public recognition, and so on. Here, the coach most often comes to the rescue. He can tell his own experience, give advice, tell the stories of his other students, and show how successful they are in sports now.

All these factors have a significant impact on the motivational structure of an athlete and are closely related to his emotional component. From a psychological point of view, success in sports, being a source of motives and feelings, is a very important event in the life of an athlete.

The level of requirements of an athlete for a future fight is influenced by all the previous experience of an athlete, his ability to foresee his own capabilities, his assessment of any properties of his own personality, as well as the influence of external factors and personal examples.

Achieving a result above the level of self-requirements that he has set for himself is very valuable for an athlete. This becomes his need and immediate goal. If this result is achieved, the athlete experiences his success with positive emotionality. If the result is below the level of requirements, it is defined as a failure for the athlete.

The mental state that occurs in an athlete as a result of his success is positive and favorable as the realization of the goal of sports training. It is characterized by pleasant sensations, increases the level of quality in future activities, increases the intensity of motivation and increases overall performance, attractiveness and openness to communication [7].

The presence of stable sports results can lead to emotional dependence on success and a panic fear of failure, which can lead to fears of getting injured, the fear of a "serious" opponent. In this case, the athlete is even more demanding of himself and tries to feel superior to the others, he is afraid to underestimate the opponent, at a time when the second one does not even think about it, and therefore, emotionally calmer. It develops an excessively high self-esteem. The more regular and intense the emotional and mental state, the higher this danger for the athlete as a result of the success achieved, and the deeper and more intense his subjective conflict with himself in the event of failure. He will know and understand his mistakes, he will feel more restless than the opponent, which means more vulnerable, and for this he will regret after the competition. The very fact that success was achieved much more difficult than expected will be such a mental problem for the athlete that he will not be able to show his usual result. This often happens with equally prepared athletes at the most important competitions and events. This danger is most typical for leading athletes, members of national teams, talented young athletes [4].

A successful athlete with an inflated self-esteem begins to perceive training as boring and tedious, which causes him a state of monotony. This state is described by a loss of interest, boredom, drowsiness, a drop in activity, the appearance of signs of fatigue long before real fatigue, he will begin to look for excuses not to attend training, he will begin to unreasonably cling to himself, meaningless praise and a blind sense of satisfaction from the work done.

An overestimated self-esteem can lead to an underestimation of the complexity of the situation during the competition (just what he feared might happen when meeting with an

opponent). This state is called "pre-start complacency". This causes a decrease in energy and muscle tone, slowing down reactions, over-satisfaction, a feeling of detachment from the competitive situation.

From the point of view of the psychological preparation of an athlete for competitions, success is desirable as an appropriate prerequisite for successful training. A wider series of repeated successes is a risk factor in terms of psychological preparation. If an athlete achieves a result that does not meet his level of the bar, a difficult situation arises when the expectation of success has not come true, progress towards the goal is blocked, the path to achieving his dreams is slowed down or complicated. The condition that occurs in an athlete in such a situation is called frustration in psychology. Regulation of the athlete's condition before a competition with elements of frustration is a complex psychological problem that is solved with the help of psycho-correction. Frustration can manifest itself in the rejection of a certain type of activity, in avoiding a meeting with an opponent who is afraid of being defeated, and so on. Depressed by these feelings, the athlete assesses his performance as a failure, being unable to adequately comprehend the situation [2, 8].

There are two methods of regulating emotions, namely: cognitive reassessment and expressive suppression. Cognitive reassessment is a strategy by which an individual thinks about a situation in such a way as to change its emotional impact on him, find ways to solve it and go through all possible moves, during which this outcome would be positive for the athlete. For example, an athlete can visualize a situation that provokes anxiety and perceive it either as a nervous shock, or, conversely, with positive emotions, in order to perceive it as an opportunity to learn more about his work, thereby making the seriousness of the situation less threatening [1].

But expressive suppression is the process of suppressing feelings of nervousness about a situation that provokes anxiety, in an attempt to be less inclined to display emotionally expressive behavior. Expressive suppression is usually considered as a non-adaptive strategy

for regulating emotions. Compared to overestimation, it positively correlates with many psychological disorders, is associated with worse interpersonal results, is negatively associated with well-being and requires the mobilization of a relatively significant amount of cognitive resources [3].

As well as physical, mental practice is extremely important for the performance and development of athletes. Thus, the athlete can become more qualified in the processes of emotion regulation and strategies. Athletes work daily not only on their physical condition, but an athlete should also always take care of his mental and spiritual health. When these two necessary spheres are achieved in harmony, then a person can succeed in all aspects and achieve any goal that he sets for himself.

Conclusion. In conclusion, we can say that the level of self-esteem has a direct impact on the emotional state of an athlete, which determines his professional results. The level of self-esteem of athletes of a higher rank is characterized by high efficiency and depends on the real results of their activities. The self-esteem formed on the basis of a sense of self-confidence creates emotional comfort, harmonizes the athlete's personality, balances his mental state and leads to stable and successful results.

The ability to self-regulate mental states, the development of emotional and volitional properties based on high self-esteem are one of the main promising tasks in the field of psychological training of athletes

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ВЛИЯНИЕ САМООЦЕНКИ НА ЭМОЦИОНАЛЬНОЕ СОСТОЯНИЕ СПОРТСМЕНА

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Аннотация. Современный спорт в силу своей специфики и в связи с постоянным ростом его социальной значимости характеризуется как деятельность, осуществляемая преимущественно в условиях выраженного стресса, его переживание может привести к возникновению особых отрицательных состояний, полное преодоление чего возможно только при оказании профессиональной психологической поддержки. Экстремальный характер спортивной деятельности создает благоприятную почву для

развития различных форм стрессовых состояний, наиболее тяжелые из которых оказывают сильное негативное влияние на общее состояние спортсмена, существенно ухудшая результаты его профессиональной деятельности.

Ключевые слова: стресс, спортсмен, психологическая подготовка, эмоционально-психическое состояние, самооценка, мотивация, самоконтроль.

İDMANÇININ EMOSİONAL VƏZİYYƏTİNƏ ÖZÜNÜ QIYMƏTLƏNDİRMƏNİN TƏSİRİ

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Annotasiya. Müasir idman, öz spesifikasiyaya görə və sosial əhəmiyyətinin daim artması ilə əlaqədar olaraq, əsasən açıq stress şəraitində həyata keçirilən bir fəaliyyət olaraq xarakterizə olunur, bunun təcrübəsi xüsusi mənfi halların yaranmasına səbəb ola bilər, tam aradan qaldırılması yalnız peşəkar psixoloji dəstəklə mümkündür. İdman fəaliyyətinin həddindən artıq təbiəti, ən ağır forması idman-

çının ümumi vəziyyətinə güclü mənfi təsir göstərən, peşə fəaliyyətinin nəticələrini əhəmiyyətli dərəcədə pisləşdirən müxtəlif stress şəraitlərinin inkişafı üçün əlverişli bir zəmin yaradır.

Açar sözlər: stress, idmançı, psixoloji hazırlıq, emosional və zehni vəziyyət, özünə hörmət, motivasiya, özünü idarəetmə.