

The Research of Coach's Preparation to Realization of Strategies of Formation of Psychological Safety of the Subject of Sports Activity

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Abstract: The purpose of this article is to study the problems of implementation of psychological safety of the subject of sports activity and ways of its constructive decision in training and competitive processes. The authors identify external psychological problems (coming from opponents, team members, coaches, fans, referees, etc.) and internal (coming from the unsatisfied need of well-being, self-experience of negative emotional states, threats of consciousness safety, etc.) that can lead to increased level of personal anxiety, suspicion and distrust, complications of interpersonal relations. The article shows that the disadvantages of psychological protection from the destructive effects associated with the expectation of psychological aggression in your address and need of constant mobilization of readiness to resist it, so the authors put forward the task of development of an athlete as the subject of psychological safety through awareness of his involvement into this process. The importance of coach's role in the providing of psychological safety of an athlete is proved and the prospects of intensity of quality of professional preparation are scheduled. Particular emphasis is focused on the characteristic of investigation of psychological safety of the subject of sports activity at the research laboratory "Development of professional competence of teachers and psychologists in the system of continuing education" created at the Chair of Psychology of Mordovian State Pedagogical Institute named after M. E. Evseviev. The possibility of applying of new additional educational programs and elective courses aimed at deepening the psychological preparation of students - future coaches for realization of strategies of formation of athlete's psychological safety.

Key words: Psychological safety • The subject of sports activity • The psychological preparation of a coach • Strategies of Development.

INTRODUCTION

The sports activity usually takes place in conditions of considerable emotional stress caused by the responsibility of sports tasks in situations of cut-throat competition, by the pressure of requirements of victory in a competitive situation with equal or stronger opponents, by great physical and mental overloads for a long time. Psychological pressure and violence, aggression, manipulation, intimidation, lie, coming from opponents, team members, coaches, fans, referees, etc., can have a destructive impact on an athlete. This is the cause of increased requirements to the psychological health of the subject of sports activity.

The literature review shows that some authors (J. W. Jones, G. Neuman, etc.) discuss the question of psychological safety of athletes in a context of investigation of competitiveness, team orientation, mental

toughness, emotional control and positive attitude [1, p. 491-503]. Other researchers (L. E. Kipp, M. R. Weiss) pay special attention on consciousness safety, psychological need satisfaction and well-being of athletes [2, p. 62-75].

In training and competitive activities an athlete often has negative emotional states with significant psychological impact. The immediate result of it is lowering of intensity of motivation and of the effectiveness of sports activity [3, p. 328-333], [4, p. 44-57], [5, p. 1149-1158]. But no less significance have delayed impacts of negative emotional experiences: an increase of the level of personal anxiety, suspicion and distrust, a complication of interpersonal relationships (not just with the aggressor, but with other people too) [6, p. 53-64], [7, p. 920-934], [8, p. 81-104] and destructive reaction on the undesirable influence (counter-manipulation, retaliatory aggression, physical violence, etc.).

The psychological protection of an athlete in situations of destructive impact can be achieved through the successful application of techniques of detection and neutralization of psychological threats and dangers. The development of skills of psychological protection can be achieved not only as a result of actualization of athlete's own life experience, but as a result of special education too. The teaching of an athlete how to organize the psychological protection from the destructive impact is one of the main tasks of the modern teacher-coach. Many coaches using various techniques and programs can successfully cope with the task of improving the level of psychological protection of athletes who are potential recipients of destructive influence. However, one of the adventitious results of such training is the athlete's stress the reason of which is the expectation of psychological aggression in his address and the need of constant readiness to mobilize against it. Thus, Y.V. Vardanyan established that "the intensification of the growing influence of psychological threat leads to the realization of optimistic or pessimistic strategies of individual behaviour, the development and materialisation of which is largely depends on the level of formation of subjective properties of an athlete and the experience of their implementation" [9, p. 74]. That is why it isn't enough to teach an athlete the psychological protection from the destructive impacts. It is necessary to develop him as the subject of psychological safety.

The psychological safety of the subject, we understand as the state of psychological well-being, achieved by possession of techniques of neutralization and overcome the psychological danger and the presence of free from the destructive influence atmosphere of psychological safety of the social environment which promotes to maintain the integrity of person, its development and normal functioning. To achieve the state of psychological safety it is important to aware the involvement of person in the providing of suitable psychological environment: the ability to protect not only yourself, but also the surrounding people, the refusal from using the psychologically dangerous behaviour, a high level of moral development, etc.

It is a coach who usually solves the task of development an athlete as the subject of sports activity. He influences the psychological climate in the team, maintains the athletes' confidence in their abilities and capabilities. Besides he motivates and inspires them for new achievements and psychologically prepares them for reasonable behaviour in a situation of a victory or losing.

However, it is impossible to achieve stable results in the situation of absence of psychological preparation of coach to develop an athlete as a subject of psychological safety. A lot of scientists notice that this problem is not in the coach's competence and should be solved with the help of sports psychologists [10, p. 54], [11, p. 54], but such experts are limited. Thus, despite the increasing development of sports in Mordovia, in many sports schools and centres of sports training, recognized for their high achievements, there is no post of a sports psychologist. Because of it the problem of qualitative psychological preparation of students of Faculty of Physical Education and Sports as future teacher-coaches is very topical nowadays.

To solve this problem, the research laboratory "Development of professional competence of teachers and psychologists in the system of continuing education", created at the Chair of Psychology of Mordovian State Pedagogical Institute named after M. E. Evseviev, carries out the investigation of psychological safety of the subject of sports activity. Members of the laboratory develop the system of theoretical and methodological principles and practical approaches. On this basis they substantiate and test the subject-oriented preventive and developing strategies of development of psychological safety in the specially organized training process. These strategies preserve their stability during the competition and prevent or reduce the effects of psychological threats. Special attention is paid on investigation of problems of the teacher-coach's preparation to realization of psychological safety of the subject of sports activity and on experiences of their solution.

There are several priority tasks of the research and methodical activity of the laboratory. They are:

- extension of theoretical knowledge about the psychological conditions, regularities and mechanisms which influence the level of psychological safety of an athlete;
- obtaining of new scientific data about threats of psychological safety of the subject of sports activity, strategies of prevention of psychological threats, conditions of development of psychological safety of an athlete, coach, referee, fan;
- substantiation of new ways of staff's training for psychological-pedagogical support of the process of formation of psychological safety at sports activity on the basis of subject-oriented preventive and developing strategies.

The laboratory tested various ways of creation of competence and subjective basis for the development of psychological safety in the areas of education and sports. So, T. V. Savinova worked out the didactic system of development of competence of the subject of pedagogical communication. This system allows “to stimulate self-observation, self-analysis, self-determination and desire to improve the adequacy of self-examination (i.e., all the processes which form the self-knowledge and help a person to “discover” himself again)” [12, p. 77]. Some elements of this system were extrapolated for the development of subjective properties of an athlete and future teacher-coach.

N. A. Vdovina studied the moral dimension of psychological safety of subjects of education. The researcher created the model of development of professional and value orientations of a teacher. This model was introduced into the educational process of the university, including the Faculty of Physical Education to develop “value sphere of the teacher as the subject of educational environment, whose activity aims at creating psychological safety in the educational environment” [13, p. 143].

O. V. Kudashkina and L. G. Maydokina investigate the psychological-pedagogical support of development of self-regulation of the subject of sports activity, which they define as “consciously controlled process which is pointed to creation of an optimal before-start state” [14, p. 265]. In the context of this investigation “the system of activities, which is produced by psychologist and coach, to support the formation and development of self-regulation in conditions of sports activity” [15, p. 268] is worked out. E. V. Tsareva explores different variants of “decision of the problem of development of psychological safety of the subject of sports activity (athlete, teacher-coach, teacher of physical education) during the university preparation in the process of learning of disciplines of psychological cycle” [16, p. 183].

E. N. Ruskina developed and tested a method of formation of psychological safety in situations of manipulative influence, including “three main levels: psychological awareness, psychological competence and value-notional regulation of behaviour” [17, p. 86]. She suggested a system of educational tasks and forming procedures to provide successive achievement of each of these levels. Mastering of this method helps athletes and future teacher-coaches to reduce the effectiveness of psychological threat and danger.

Ideas, scientific and educational materials of members of the research laboratory in the field of training of the teacher-coach to realization of psychological safety of the subject of sports activity are introduced into the educational process of the university in the form of programs of extra education and such training courses as: “Psychological safety of the subject of sports activity”, “The basis of psychological safety of a person”, “Development of psychological safety of the subject of education”. The expected results of mastering of these courses by students of Mordovian State Pedagogical Institute named after M. E. Evseev are following: basic knowledge of psychological safety and its particularity in sports activity, knowledge of the structure of psychological safety of a person, possession of methods of recognition and neutralization of threats of psychological safety of a person, possession of a high ethic level and culture of behavior in the process of training, possession of methods of formation of psychological safety of an athlete. These results correspond to the course of university directed to modernization of quality of preparation of graduates in context of current reality. It helps to ensure the realization of “life strategies of cultural and productive person in the changing socio-cultural situation according to the constructive-transformative type of regulation of lifetime” [18, p. 15].

CONCLUSION

Thus, the investigation of different problems of psychological safety of the subject of sports activity is quite promising nowadays. Particularly relevant is the elaboration of problem of psychological preparation of a coach to development an athlete as a subject of psychological safety. Quite topical is working out of new additional educational programs and elective courses aimed at deepening the psychological preparation of students - future coaches for development of psychological safety of an athlete.

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