

PSYCHOLOGICAL FEATURES OF THE EMOTIONAL AND VOLITIONAL SPHERE OF ATHLETES

Halyna Zhukova, Tetiana Bulhakova

*National University of Ukraine on Physical Education and Sport
Kyiv, Ukraine*

Abstract. The current state of development of psychological sports science is characterized by an increased interest of researchers in the problems of the human mental state. This situation, on the one hand, can be explained by the need to solve real practical problems in the emotional sphere, and on the other hand, by the development of psychology itself, the need to improve the theoretical and methodological base.

Key words: feelings, emotions, will, athlete.

Introduction. A person reflects the objective properties of objects and phenomena of the surrounding reality through cognitive processes. Emotions were formed as a special form of mental reflection of important objects and events in the process of evolution. The same object or event gives rise to different emotions in different people, because each of them has their own specific attitude towards this object. Emotions are subjective reactions of a person to the influence of external and internal stimuli, which is reflected in the form of experiences of their personal significance for the subject and manifests itself in the form of satisfaction or dissatisfaction [1; 3].

The purpose of the research is to carry out a theoretical analysis of approaches to the study of the emotional sphere and psychological characteristics of athletes. **The task** of the research is to analyze the psychological, pedagogical and physiological scientific literature on the problem of human emotions and the emotional sphere of the personality of sports activities subjects.

Research material and methods. Such theoretical methods as analysis, synthesis, systematization of psychological, psychophysiological and pedagogical literature were used to solve the identified tasks and achieve the goal of the work.

Research results and their discussion. Emotions manifested in the form of satisfaction are called positive, and in the form of dissatisfaction are negative. The former includes, for example, joy, admiration, sympathy, the latter contains fear, anger, hatred. A person feels positive emotions when any of his needs are satisfied or he sees such an opportunity. In this case, its activity is aimed at maintaining or achieving a positive impact. If the need is not realized, a person experiences a feeling of dissatisfaction, and his activity is directed to avoid harmful or unwanted influences [4].

An important feature of the emotional sphere of athletes is the possibility of coexistence of emotions and feelings of the opposite direction. Positive and negative emotional experiences are useful because they help a person to regulate his behavior and fill his existence with personal content. But any emotions can turn from useful to harmful and this happens when they become too intense or inadequate [5, 26]. Along with positive and negative emotions, there is also a state of so-called "emotional zero" or boredom. Its danger lies in the fact that the subjects of sports activities can experience positive emotions very quickly after the competition. If an athlete cannot

quickly control himself, especially after a defeat, this will be aggravated by irritation, anger or sadness [1].

Athletes can get stuck on their emotions, both positive and negative. In addition to heightened emotions and feelings, and even in opposition to them, athletes at a high level develop their self-regulation abilities. A person who is more capable of intense and diverse emotions also becomes more capable of inhibiting them with willpower. Emotional instability provokes various conflict situations. Emotional instability as undeveloped sympathy for the suffering of other people, lack of selfless affection, love, loneliness can lead to emotional egocentrism. It can be a specific fear of certain situations or objects, or it can be a very generalized and vague condition. Fears can also arise due to insecurity in one's own interpersonal relationships with other people.

The desired image of the "I" of the athlete consists of other people respected qualities leads to the use of volitional effort aimed at self-development. Many subjects of sports activities develop the necessary willpower in themselves. The general logic of the development of all volitional qualities can be expressed from the ability to manage oneself, concentrate efforts, withstand heavy loads to the ability to manage activities and achieve high results in them. According to this logic, methods of developing willpower are changing and improving [2].

The desire to develop useful personality qualities characteristic of adults of the same sex is characteristic not only of male athletes, but also of women. Athletes have good conditions for the formation of organizational skills, business acumen, entrepreneurship, and many other useful personal qualities related to manifestations of the emotional and volitional sphere. These personal qualities can be developed in almost all spheres of activity in which an individual is involved and which can be organized on a group basis: study, work, play. New criteria for evaluating the personality and activities of other people are being formed. This, on the one hand, creates an opportunity for a more accurate and correct assessment of people by comparing them with each other, and on the other hand, produce certain difficulties due to the inability to correctly perceive another person, to give him a correct assessment.

Conclusions. Therefore, the most relevant for the development of the emotional and volitional sphere of an athlete's personality are anxiety, because he spends most of his time preparing for competitions; social relations, relations with colleagues, which can become a sample of comparison; the development of the will, because in accordance with the sports activity, the will-power of the individual is formed. It is through playing sports that you can learn such features of human interaction as cooperation, mutual help, mutual benefit, risk for the sake of others, etc. Moreover, it is precisely in sports activities that an extremely wide range of polar feelings opens up.

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