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Improving the methodology of team boat formation using psychological tests in rowing

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Abstract

Purpose: Determination of leadership qualities of young academic rowers with the help of psychological tests and selection for team boats.

Methods: To find a solution to the problem, a diagnostic research method based on a psychological test is proposed, which allows determining the leader of the experimental group in the conditions of a real training process of academic rowers. Psychological and pedagogical tests-methods were used: sociometry, the "Q -sorting" method (V Stefanson) and the "Risk Readiness" tests (AM Shubert).

Results: Comparison of the data obtained with the results of pedagogical observation during training and competitive activities shows the ability of athletes to take risks in a race at a difficult competitive distance, which sometimes leads to undesirable results. Athletes with an average value of caution are more likely to lead the team to victory, since in every critical situation there is no need to take risks that can negatively affect the outcome of the competition. The presence of 6 athletes in the team with an average value of caution indicates the ability of the team to compete adequately, regardless of the factors that can unbalance the team.

Conlcusion: In any case, an athlete acting as a leader must be psychologically strong and able to make difficult decisions independently. As practice shows, athletes acting as leaders in team boats are divided into 2 types. The first type is physically good, technically good, but the level of stress resistance during strong competition at the race distance is insufficient, the leaders of the second type are physically very strong, technically well prepared, the level of stress resistance during strong competition at the race distance is sufficient.

Keywords: rowing, leader, Q-sorting, risk appetite, sociometry.

Introduction

A sports team is an environment in which a certain relationship develops between the team and the coach. An important task of a coach is to create an optimal psychological microclimate in a sports team that promotes successful interaction of athletes during competitions. The relations between members of a sports team are influenced by subjective and objective factors, one of which is the socio-psychological phenomenon of leadership (2).

In rowing, as in other sports, an athlete must differ not only in physical, technical and tactical training, but also possess certain psychological qualities to achieve any high results. Today, in the world of modern sports, psychological readiness to show a high sports result, the ability to cope with the results of competitive activity, the ability to control pre-competitive excitement are recognized as the key to high results.

Proper formation of the crew, timely selection of the team leader and captain also play an important role in successful participation in competitions.

Unfortunately, psychological training is currently a weak link in the formation of team boats from highly qualified athletes in academic rowing sports, it is carried out carelessly and irregularly, there are no well-developed effective methods with which to form a kayak, taking into account not only the specifics of their activities, but also the role of each rower.

Thus, the identification of the psychological characteristics of rowers is one of the most important areas of training of young athletes in the development of a methodology that is domestic and today really helps athletes achieve high results in training and competitions.

Methods

To realize the purpose of the study, a test method, including sociometric, and the "Q-sort" test were used (1).

In the course of the study, the self-description of the subjects was studied and six behavioral tendencies were analyzed (dependence, independence, initiative, lack of communication, willingness to accept "struggle", avoidance of "struggle").

Results and discussion

In the course of the study, the self-description of the subjects was studied and six behavioral tendencies were analyzed (dependence, independence, initiative, lack of communication, willingness to accept "struggle", avoidance of "struggle").

Timely identification of the leader of the experimental group with leadership and psychological qualities significantly increases the coefficient of useful work in training and competitive activities.

Leadership in a team is an element of managing the activities, communication and organization of a small group or team members, carried out by the leader as an element of interpersonal relations(4). A person with leadership qualities, managerial abilities and creative thinking can help get out of a dangerous situation, and a stubborn or unbalanced person can put the whole team at a disadvantage (3).

A leader with the necessary organizational skills in the system of interpersonal relations, as a rule, occupies a central place among the members of the group, contributes to better organization and effective management of the group, and it should be noted that he achieves his goals in a way that is acceptable to the members of the group.

A leader is a person capable of influencing others, able to rally and manage a team, helping to get out of a difficult situation, taking responsibility for the decision made. Such people are divided into two groups: official leaders (elected or appointed for general leadership) and unofficial (respected by the majority of others).

In addition, groups may have semi-official leaders. They are not appointed from above, and the members of the group themselves are elected at the head by a majority vote. Such an athlete usually assumes the role of an informal leader in a difficult situation in order to connect and lead the team to the successful achievement of the goal.

In addition to the leaders, the hierarchical structure of the sports team includes low-level athletes - outsiders. They are distinguished by such qualities as ignoring the advice and help of comrades, a tendency to aggression, independence. To determine the position of the subjects in the system of interpersonal relations, a sociometric test was conducted according to three criteria(6):

If your team disbanded, who do you want to continue working with in the new team?

Which teammates would you invite to your birthday party?

With whom from the team would you go on a multi-day hike?

Analysis of the data obtained showed that HH had a greater tendency to display leadership qualities in the team than other members of the team.

Quite high indicators of leadership qualities were also observed in HS, MD and HD. Sociometric data made it possible to determine the degree of cohesion and disunity in the team, as well as to identify relatively prestigious members of the group on the basis of respect-antipathy (leader, stars, rejected) (see table 2).

Table 1. Characteristics of leadership qualities of athletes total scores of the Q-sorting test

Total score of self -assessment trends	Rowers (experimental group)											
	HH	RS	HD	AH	AJ	RJ	BS	TSh	MF	AL	MD	HS
	40	29	34	26	24	22	24	29	28	27	34	32

The analysis of the data of the first criterion showed that the “star” (Ha-H, Ha-S) depends on their politeness, sincerity, good technical, tactical and physical training. Such athletes are always able to help less prepared athletes, share their experience, never create conflict situations, which allows them to be assigned the status of "star" leaders. They also received the status of "stars" according to the second criterion, which indicates the high confidence in them from all team members. These athletes can be considered an emotional leader, able to create a friendly atmosphere in the team, provide emotional support and mutual assistance. The analysis of the results of the study of the third criterion allows us to characterize the group as a cohesive group in which all athletes can rely on each other.

Assigning one member of the team (Ha-H) the status of "star" indicates that he is able to maintain the goal of victory in conditions of high psychological stress accompanying competitive activity in competitive activity. The results of the study show that Ha-H and Ha-S occupy leading positions in relation to other

members of the group. They are both emotional and instrumental leaders.

The presence of two captains in the academic rowing team is associated with the unique characteristics of this sport, in which athletes play a role in the starting line-up and leadership of the team. In this case, there is no sharp competition, since they perform different roles on the boat.

Athlete Ha-H is the one who controls the entire process at the competitive distance, and Ha-S is the link in the crew, that is, the one who sits after the leader, transmits rowing power and rhythm to the crew members sitting behind and acts as a controller for the rowers of his side. Because of this, the two leaders work well together as a team. Faced with similar situations in their work, a coach should think about differentiating the roles of a leader. The more the rowers focus on successfully solving the problem, the more chances the team has for success. Joint success not only helps to improve team unity, but also strengthens the social cooperation of team members. The leader in a team is mainly determined by the ability to take responsibility for decision-making(5). With the help of the "Risk Readiness" test, the level of readiness of athletes to perform actions that contribute to getting out of a difficult situation or, conversely, leading to a hopeless situation

Table 2. Sociometric status of athletes

Sportsman	Statuses		
	The first criterion	The second criterion	The third criterion
Ha H	Star	Star	Accepted
Ro S	Accepted	Accepted	Accepted
Ha D	Preferred	Preferred	Accepted
Ab H	Preferred	Preferred	Accepted
Ab J	Star	Preferred	Preferred
Ra J	Accepted	Accepted	Accepted
Be S	Accepted	Star	Accepted
Tu Sh	Accepted	Preferred	Preferred
Ma F	Preferred	Preferred	Preferred
Ab l	Accepted	Star	Accepted
Ma D	Accepted	Accepted	Accepted
Ha S	Star	Star	Accepted

Table 2. Results of the “Risk Readiness” test

Sportsman	Scores	Results
Ha-H	1	Average level of caution
Ro-S	6	Average level of caution
Ha-D	13	Prone to risk
Ab-H	6	Average level of caution
Ab-J	7	Average level of caution
Ra-J	0	Average level of caution
Be-S	-2	Average level of caution
Tu-Sh	11	Prone to risk
Ma-F	-28	Very careful
Ab-L	-22	Very careful
Ma-D	16	Prone to risk
Ha-S	6	Average level of caution

was determined (see table 3).

Conclusion

The presence in the team of very cautious athletes (Ma-F, Ab-L) who do not have sufficient motivation to succeed, who do not know how to fight sufficiently, reduces the level of claims in the group before and during the competition.

Thus, extensive psychological research allows us to solve the problem of timely identification of a team leader who has the necessary psychological qualities for an athlete acting as a leader in a team, and on this basis allows us to successfully solve many pedagogical tasks that arise during the preparation of events and training for competitive competitions.

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