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## Research of level of psychological preparedness of 30-40 years old tourists skiers in the preparation period

**Abstract. Purpose:** Compare the results of research of the psychological state of 30-40 years old tourists skiers at various stages of preparation period. **Material and Methods:** 14 people aged 30 to 40 years old who have a different experience in water, hiking and mountain as well as ski-sport hiking took part in research. Analysis of scientific and methodical literature, pedagogical observations, pedagogical experiment, methods of mathematical statistics is used. **Results:** The test results of 30-40 years old tourists skiers which are the participants in the experimental group received at different stages of preparation period and the results. Their comparative analysis is held. **Conclusions:** It was found that, at the stages of preparation period indicators of personal qualities and concentration had always risen, reaching the highest degree at the end of the experiment.

**Keywords:** tourists skiers, psychological preparation, concentration, attention, quality, personality, experiment, results, rate, testing.

**Introduction.** Psychological preparation of tourists skiers includes the formation of knowledge on the basics of psychology and upbringing moral and volitional and personal qualities. Psychological preparation of tourists skiers can be divided into two components: general and special. General psychological preparation is aimed at forming the necessary moral and volitional qualities of a tourist-skier. Special (preparation to overcome the specific natural obstacles) in each particular case should have: a certain installation to overcome obstacles (safety, speed and etc.). motivation of action; awareness of complexity of the constraints and opportunities to overcome it; the formation of hard confidence in the abilities and opportunities to meet the challenges; overcoming negative emotions caused by the upcoming actions; the creation of the state of psychological readiness for maximal volitional and physical stress as well as the close interaction with other team members [1, 2, 5, 6, 9, 11].

At the same time public and social upbringing forms social activity of tourists skiers and the whole group, which is manifested in community service, environmental protection, regional studies and other activities.

Moral upbringing of tourists skiers is the basis of formation of the most important consciousness and moral qualities. For ski tourism one of the most important qualities is teamwork, including a sense of duty and responsibility, comradesly mutual assistance, demanding to others and to himself/herself in the interests of collective, discipline.

Upbringing of volitional qualities of tourists skiers is carried out during preparation training and in hiking conditions. Overcoming obstacles is a necessary factor in the development and manifestation of the will. The main volitional qualities which are necessary for tourists are: determination, courage, perseverance, initiative, self-control and patience.

It is clear that the sense of purpose is the main willful property which defines the direction and level of development of the individual. In bringing up of sense of purpose it is necessary to put an available aim before the tourists skiers and achieve it. In hikes, mountainous touring, ski touring this purpose may be the success of the tourist hikes in the pre-selected area, which must be accompanied with the increase of sports skills [1, 4, 6, 8, 9].

Many researchers believe that [2, 4, 7, 9, 10] courage is the ability to confront fear and act in dangerous situations with a certain security. Many technical methods in tourism related to overcome natural obstacles, require courage, and bring it up in the process of their implementation.

Decisiveness is the ability to make decisions quickly and reasonably and to begin to implement them in a few variants and ambiguous consequences of a decision. Especially it is often required to show resolute leader of the tourist group in selecting the options of the way.

Perseverance is the ability to strive to achieve the purpose constantly in spite of some difficulties and setbacks. Tourists' perseverance manifests in regular employment in tourism in all environments.

Initiative is the ability to take certain actions addressed to solve the specific and general problems on their own way. It is especially important the initiative in solving the problems of security and other situational tasks in tourism.

Excerpt is the ability not to hurry with the actions; conclusions; expression of feelings which interfere with the implementation of the decision; not to submit to influence the persons showing the lack of confidence; pusillanimity; cowardice; etc. In tourism, the implementation of even the wrong decision in choosing the way of changing the way is often preferable in search solutions of the best way if it is not related with security.

Patience is the ability to resist to fatigue in difficult conditions, negative emotions, certain time to withstand relatively high loads, using extra strong-willed efforts. In tourism, a heavy backpack and many kilometers of the route are the main test.

A number of researchers [3, 7, 9, 10] say that in the upbringing of personal qualities of tourists, the well-known methods of forming the consciousness of the person (lectures, method of example, and others); methods of organization and activity of formation of behavior experience (pedagogical requirements and tasks, variety of exercises, creating bringing up situations etc.); methods of stimulation (competitions, promotions, punishments and others) are used.

*Connection with academic programs, plans, themes.* Researches are carried out in accordance to the thematic plan of research of the Department of Winter Sports, Cycling and Tourism of Kharkov State Academy of Physical Culture (KSAPC) of the Ministry of Education and Science of Ukraine for 2013-17 on the topic «Fundamentals of sport tourism in the recreational activities of different age groups in Ukraine» (the number of state registration 0114U000366).

*Purpose of the work* is to determine changes in the degree of «Big Five» of personal qualities and concentration of attention with the help of the method «mixed lines» with tourists skiers during preparation training.

*Methods of the research:* analysis of scientific and methodological literature, teaching observations, pedagogical experiment, methods of mathematical statistics.

*Organization of research.* Investigations were carried out in May – January, 2012 - 2013. The experimental group consists of 14 people aged from 30 to 40, with many years of touring experience.

*Results of the study.* In the process of preparation training used means of the training in a certain extent impact on formation both individual and group of psychological qualities.

That's way during the preparation it was appropriate to identify the severity of personal qualities of tourists skiers (0-3 low; 4-6 lower than the average, 7-9 average; 10-12 higher than the average, 13-16 high) which in our research were determined by the method proposed Gretsov A.G. (2006) (Table. 1) [3].

Table 1

**Degree of manifestation of personal qualities of 30-40 years old tourists-skiers during preparation period (n=14)**

№	Indicators, points	30-40 years old		
		$\bar{X}_1 \pm m_1$	$\bar{X}_2 \pm m_2$	$\bar{X}_3 \pm m_3$
		May	August	January
1.	Extraversion-introversion	8,6±1,00	10,9±0,87	13,3±1,02
2.	Emotional stability - neuroticism	10,1±0,60	8,6±0,71	6,6±0,75
3.	Openness and closeness to new experiences	10,7±0,55	11,9±0,82	13,6±0,62
4.	Consciousness - disorganized	7,2±0,88	6,9±0,94	12,8±1,03
5.	Friendliness - hostility	9,9±0,72	11,9±0,58	13,1±0,58

Testing tourists skiers of 30-40 years old the average degree results of manifestation which corresponded the readiness to perform any efficiently work in a team than individually were received, during the period of preparation indicators of significantly increased on 4.7 points ( $t = 3,59$ ;  $p < 0.01$ ) and reached the highest degree.

The indicator of personal qualities neuroticism and emotional stability also changed, and at the end of

the research the level of expression was lower than the average, but at the same time it corresponded to the increase work in stressful situations ( $p < 0,01$ ).

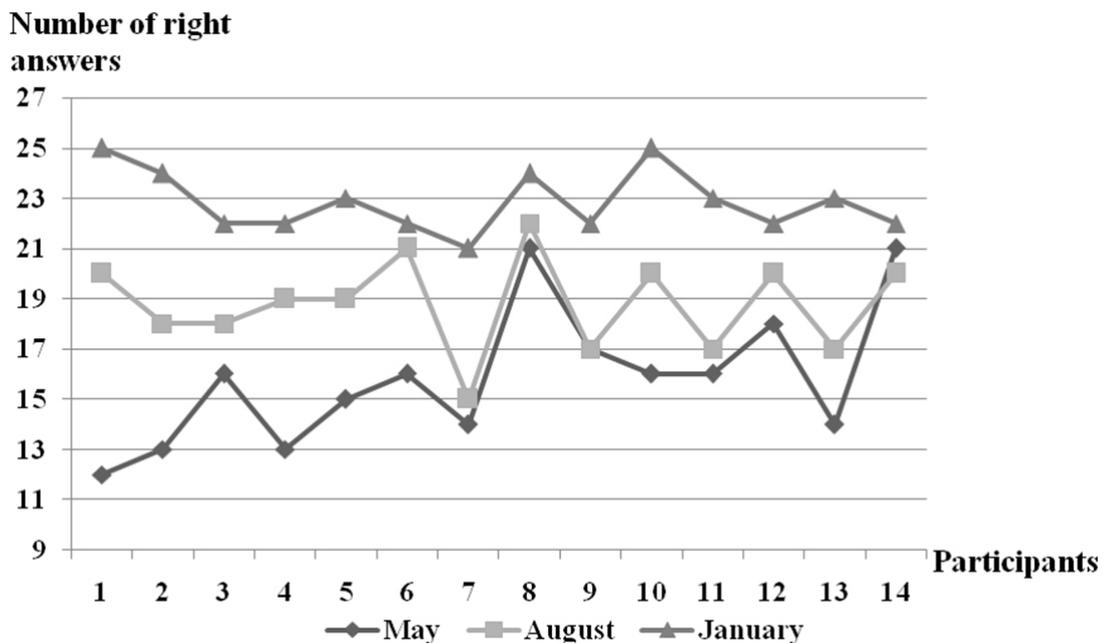
During the research it was the instability of opinion, while in the group it was complete perception of everything new that had appeared ( $p < 0,01$ ).

The indicator of personal qualities of conscious and disorganization for eight months had an average degree that caused desire to control each other, as well as to worry because of real or perceived mistakes, in the future there were sense of purpose, reliability in actions, persistence with a high degree of severity ( $p < 0,01-001$ ).

During the preparation the fifth quality friendliness and hostility statistically significantly changed and the result had a high degree of expression, which is 3.2 points ( $t = 3,38$ ;  $p < 0,01$ ) relative to the beginning of the research.

We also carried out the research of concentration of tourists skiers' attention that is focus on one activity, which characterizes the degree, the certain work depth, using the methodology of mixed lines (Pic. 1).

In the beginning of the researches great differences between the indices of the tourists, which reached 9 points in May, in the middle (August) they reached 7 points and at the end (January) – 4 points were revealed.



**Pic. 1.** The level of concentration of tourists skiers of 30-40 years old ( $n=14$ )  
1 – May; 2 – August; 3 – January.

The indicator of attention was enabled us to identify a high level of concentration in a short period of time. The high level of concentration often coexists with scattering, which is the other side of passion, absorption in some matter (Table 2).

Table 2

The level of concentration of tourists skiers of 30-40 years old ( $n=14$ )

Indicators, points	30-40 years old			Rating of statistical significance	
	$\bar{X}_1 \pm m_1$	$\bar{X}_2 \pm m_2$	$\bar{X}_3 \pm m_3$	t	p
	May	August	January		
Mixed lines	15,9±2,17	18,8±1,65	22,9±2,89	$t_{1,2}=1,08$ $t_{1,3}=2,89$ $t_{2,3}=2,07$	$p_{1,2} > 0,05$ $p_{1,3} < 0,05$ $p_{2,3} < 0,05$

Statistical significance indicators of 30-40 years old tourists skiers' concentration of attention identified the difference between indicators of the first and third researches and was 7 points ( $t=2,89$ ;  $p < 0,05$ ).

**Conclusions:**

1. The research of psychological condition of 30-40 years old tourists skiers showed that at the beginning of the experiment neuroticism, closeness, which depend on the tendency to variability of mood, readiness to accept failure are pronounced more.

2. At the end of the experiment under the influence of training loads tourists showed a high level of claims – the desire to imagine a more difficult purpose to achieve the results.

3. During preparation period, a high degree of concentration on the training activity, which allows in future reduce the number of possible mistakes that can lead to accidents and injuries in a ski hiking.

Further studies will be aim to identify psychological preparedness of tourists in other tourist activities.

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