

**COMPONENT OF PSYCHOLOGICAL TRAINING OF BASKETBALL
PLAYERS AT THE STAGE OF PRELIMINARY BASIC TRAINING IN THE
PREPARATORY PERIOD**

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Purpose: determination and analysis of indicators of individual typological characteristics of the personality of basketball players 13-14 years old, and, taking them into account, provide recommendations for the training process on the basis of a differentiated approach.

Material and methods: at the beginning of the preparatory period of 2019-2020 academic year the psychological diagnostics was carried out according to the method of G. Eysenck EPI (Eysenck Personality Inventory), with the help of which we obtained data on individual typological (predominance of the type of temperament) indicators of basketball players at the stage of preliminary basic training. The study involved 30 basketball players 13-14 years old.

Results: the issue of increasing the effectiveness of the organization of psychological training through the use of the opportunities for the development of the personality of athletes, its control and correction is one of the most important tasks facing both children and youth sports and sports of the highest achievements. Psychological preparation and control of the development of psychological readiness takes an

important place in the educational and training process of basketball players, and the stage of preliminary basic training was no exception.

Conclusions: the data obtained became the basis for recommendations for the correction of the educational and training process, namely: the distribution of basketball players by subgroups at the stage of preliminary basic training, taking into account the properties of the nervous system, individual typological characteristics, personality traits, sincerity according to the "scale of lies", which will increase the percentage of assimilation of educational material, to improve interpersonal relationships that develop between partners due to their compatibility, such as respect, mutual understanding, cohesion, interpersonal attraction, positive emotions, etc.

Keywords: basketball program, psychological training, basketball players, psychological diagnostics, G. Eysenck's method of EPI, correction.

Introduction

Youth basketball continues to grow rapidly in Ukraine and becomes more meaningful, and psychological factors play an important role in it. The result of the game mostly depends on those athletes who make original decisions, see the playground better, understand partners without words and are psychologically attuned to the game. So it is necessary for basketball players at the stage of preliminary basic training, in the competitive period to learn to solve complex psychological problems, because in this period the official competitions in the All-Ukrainian Youth Basketball League (VYUBL) begin.

In sports, great importance is attached to psychological training. Well-known experts in the field of sports theory pay attention to sports psychology (A. V. Alekseev, 2003; H. D. Babushkin, 2006; L. D. Hissen, 1990; H. D. Horbunov, 2006; H. B. Horska, 1995 ; Yu.Ya. Kiselyov, 2002; A. Ts. Puni, 1984; A. V. Rodionov, 2004; P. A. Rudyk, 1974; H. I. Savenkov, 2006).

Also in the system of psychological training there is a term "psychological support", which was developed by H. B. Horska, 1995; H. D. Babushkin, 2006, etc.,

"psychological control" (Yu.Ya. Kiselyov), and "psychological support" (N. B. Stambulova, 1999; V. H. Sivitsky, 2007, etc.).

Modern researches by such scientists as H.D. Babushkin, 2006; E.P. Ilyin, 2007; A.V. Rodionov, 2004 emphasize the problem of self-realization in sports due to a number of difficulties associated with insufficient theoretical aspects, the separation of physical, technical and tactical training from psychological training, which prevents the harmonious development of the athlete's personality potential [1, 7, 12].

The importance of the analysis of psychological features taking into account the types of temperament, personality traits of each basketball player 13-14 years, the properties of the nervous system necessary for successful training activities, and preparation for competitions and successful performance in them is the main direction in this work.

The issue of improving the effectiveness of psychological training through the use of opportunities for personal development of athletes, its control and correction is one of the most important tasks facing both children's and youth sports and sports of higher achievements [2, 5, 11, 21].

Taking into account above mentioned facts, the improvement of the components of psychological training of basketball players at the stage of preliminary basic training in the preparatory period is an urgent issue of children's and youth basketball.

Purpose of the research is to determine and analyze the indicators of individual typological characteristics of the personality of basketball players aged 13-14 and taking them into account to provide recommendations for the training process on the basis of a differentiated approach.

Material and Methods of research

The research was conducted in several stages. At the first stage of the research, experimental data were collected with further analysis of the results with recommendations for the correction of the training process of basketball players aged 13-14.

To determine the indicators of individual typological features, properties of the nervous system, the sincerity of basketball players at the stage of preliminary basic training, psychological diagnosis was performed according to the method of H. Eysenck EPI 1963.

The research involved 30 students of Children's and Youth Sports School of Olympic Reserve № 5 named after Deserved Coach of Ukraine M. I. Hovorunova, born in 2006-2007.

Results of the research

Psychologically, one of the common age characteristics of the adolescent is the need for self-affirmation. It is not based on victories in the game during official competitions, but on victories in the training process. The game is already the result of training sessions and conscious learning, where the ability to perform technical elements in the distribution of moral and volitional efforts is manifested. Volitional qualities characterize the desire of a basketball player to achieve results and begin to develop and consolidate in adolescence. A fairly complete assessment of the results of joint work of a coach and a basketball player can be obtained at the age of 15, for which the coach needs to understand and take into account the psychological characteristics of adolescence to subordinate further training work to the formation of each individual [2, 8, 10, 13 , 20].

Psychological features of competitions, circumstances and patterns that make high demands on the psyche of basketball players 13-14 years, all that the player has learned and accumulated as a result of the training process, can be lost in minutes and sometimes seconds before the start of decisive games. Therefore, we believe that the psychological training of basketball players at the stage of preliminary basic training is an important and mandatory element in the system of long-term training of basketball players [14, 15, 16, 17].

The content of psychological training during the annual microcycle in young basketball players aged 13-14 is presented in Figure 1.

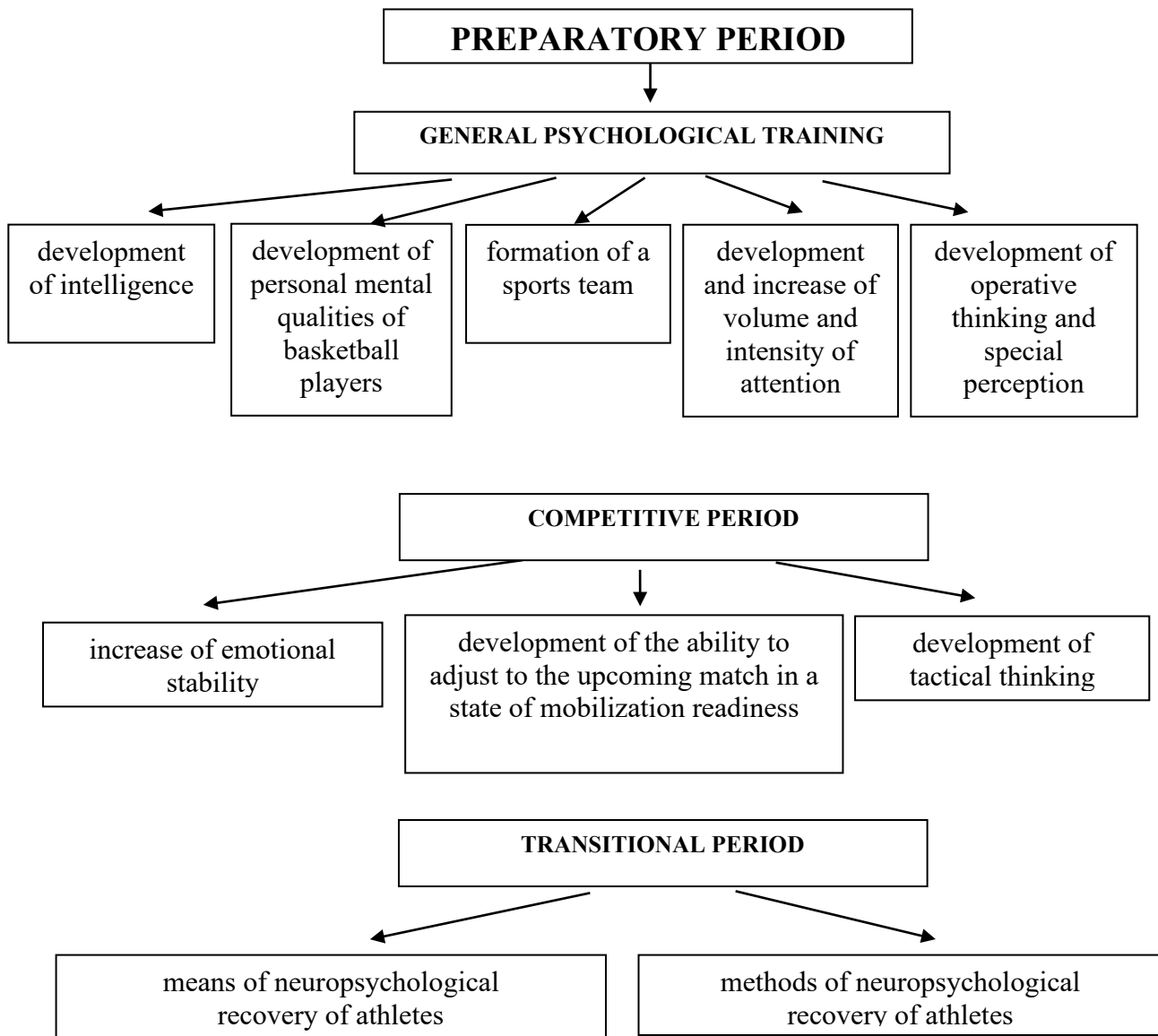


Figure 1. Periods of psychological training according to the curriculum for Children’s and Youth Sports School 2019

After analyzing the current basketball curriculum for Children’s and Youth Sports School of Ukraine (2019), we can note that psychological training is organically combined with other types of training such as physical, technical, tactical, game, and is conducted during the year during the training process. In particular, it was found that the amount of psychological training is not determined by quantitative indicators, but it does not cease to be a necessary condition for the successful solution of the system of long-term training of basketball players [11].

It should be noted that to the greatest extent psychological preparedness should be developed during the preparatory period. Taking into account the

recommendations on the sequence of construction of the annual cycle of basketball training, a psychological diagnosis was carried out according to the method of H. Eysenck EPI (Eysenck Personality Inventory) with the help of which data on individual indicators were obtained, namely: the predominance of temperament, taking into account the properties of the nervous system, indicators of personality traits and sincerity of the researched members [6, 7, 10, 18].

The research involved 30 basketball players aged 13-14, but the results of 11 (36.66%) basketball players are not used as reliable, due to the critical threshold of scores on the "sincerity scale". In the Table 1, which characterizes these players as those who tend to give positive answers to questions.

Table 1

Determining the sincerity of basketball players aged 13-14 by numerical indicator according to the method of H. Eysenck EPI (n = 30)

The name of the scale	The number of sportsmen	%
A reliable result on the scale of sincerity	19	63,33%
A critical indicator on the scale of sincerity	11	36,66 %

They are also seen as promising, as those who can perform more loads than others and improve their physical and psychological performance faster than others.

The results obtained on the indicators of individual typological personality traits of basketball players at the stage of preliminary basic training (n = 19) are indicated in Figure 2 as follows: 5% of basketball players have an even combination of all types of personality temperament that easily adapt to emerging circumstances and can fit in them, it is usually desirable to set them important tasks that they will be happy to perform with (social) support from parents and mentors.

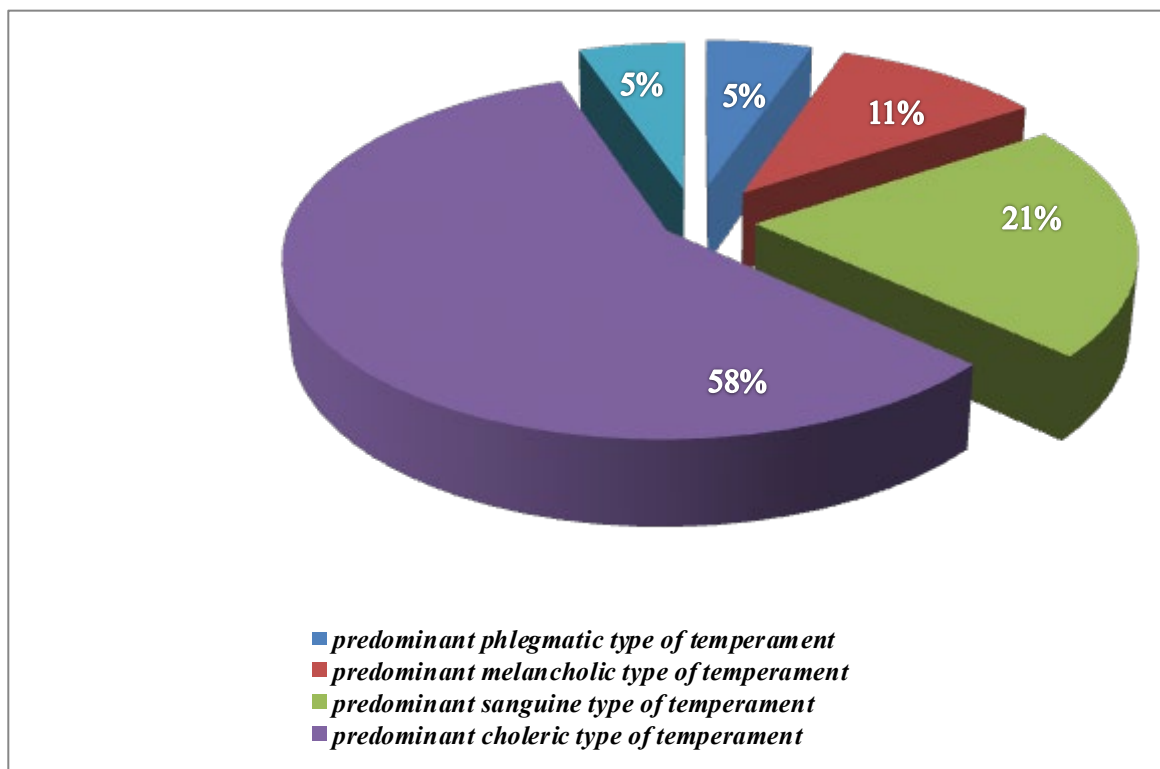


Fig. 2. Typological indicators (predominance of temperament type) of basketball players aged 13-14 (n = 19)

The predominance of the phlegmatic type of temperament of basketball players - 5%, require more time to study the task, but after mastering give a stable result, both during training and in competitive periods. The predominance of the melancholic type of temperament of basketball players - 11% need emotional encouragement and support and react negatively to criticism. The predominance of sanguine type of temperament of basketball players - 21%, in which the mind takes precedence over emotions, they strive to take leadership positions, then the predominance of choleric type of temperament of basketball players - 58% have great stability of aspirations and interests, persistence, but possible difficulties in switching and retention of attention and require additional control over discipline.

Thus, the obtained indicators of the properties of the nervous system from emotional stability to neuroticism according to the method of H. Eysenck EPI show

that emotional stability, which is more characteristic of athletes with a predominance of sanguine and phlegmatic temperament - 31.6%, neuroticism – characteristic of athletes with a predominance of choleric and melancholic temperament types 68.4%.

Table 2

Determination of properties of the nervous system from stability to neuroticism according to the method of H. Eysenck EPI (n = 19)

Properties of the nervous system	The number of people	%
Emotional stability	6 people	31,6%
Emotional instability (neuroticism)	13 people	68,4%

Indicators of measuring personality traits of the nervous system of basketball players aged 13-14 (n = 19) are 68.4% among extroverts, 21.1% among introverts and 10.5% among ambiverts (Figure 3).

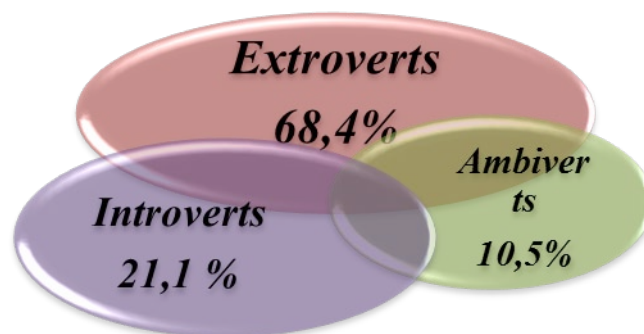


Fig 3. Indicators of measuring personality traits of the nervous system of basketball players 13-14 years (n = 19)

The vast majority of extrovert players (sanguine and choleric) are sociable, flexible, have great initiative, high social adaptability, and lack perseverance. The second place is occupied by introverts, who are characterized by isolation and observation, tendency to introspection and complication of social adaptation, fixation of interests around the phenomena of their own inner world, as well as social passivity with sufficient persistence.

Among basketball players at the stage of preliminary basic training there are ambiverts who have a flexible psychotype, are able to adapt well to the situation and can take advantage of both introverts and extroverts.

Conclusions / Discussion

The data obtained at the end of the research give rise to the correction of the training process during the preparatory period, namely, the division of basketball players 13-14 years into subgroups, which will increase the percentage of assimilation, improve interpersonal relationships between partners due to their compatibility such as respect, mutual understanding, cohesion, interpersonal attraction, positive emotions, etc.

The obtained results made it possible to provide recommendations for the correction of the training process by applying a differentiated approach taking into account individual typological features, such as: temperament types, personality traits of each basketball player, nervous system properties, namely, distribution of basketball players by subgroups to perform special basketball exercises at the stage of preliminary basic training.

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Prospects for further research are to find the necessary techniques and control of psychological preparedness in the competitive and transitional periods, which will allow coaches to adjust the training process of basketball players at the stage of preliminary basic training.

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