

Self-assessment and level of uneasiness of sportsmen as factors of formation of the interpersonal interaction in the dancing duet

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Purpose: to study features of self-assessment and uneasiness of the sportsmen who are engaged in sports dancing at the stage of preliminary basic preparation.

Material & Methods: analysis of scientific and methodical literature, technique "Studying of self-assessment of the identity of the teenager", technique "Diagnostics of disturbing states at children" (CMAS).

Results: the need of the search of new ways of the effective interpersonal interaction for the dancing duet in sports dances at the stage of preliminary basic preparation is proved theoretically. Psychological characteristics of sportsmen of 10–12 years old on the levels of their self-assessment and uneasiness are submitted.

Conclusions: the research of components of the interpersonal interaction at sportsmen of 10–12 years old, who are engaged in sports dancing, shown that self-assessment of young sportsmen most often corresponds to the overestimated, high or average level. The emotional condition of children of 10–12 years old, who are engaged in sports ballroom dances, is characterized by the increased or high level of uneasiness.

Keywords: sports dances, interpersonal interaction, self-assessment.

Introduction

The modern development of sports dances as sport, their international promoting, the emergence of significant amount of highly skilled sportsmen, the high level of the competition of dancing couples demands more detailed consideration of problem of communicative competence as a lot of its aspects are not almost investigated. Studying of factors, which influence result of a sportsman, is one of key problems of sports science. Preparation of couples cannot spontaneously happen and demands the scientific approach: studying of conditions of sports activity, specific features of dancers, development of diagnostic tools for their assessment, statement of problem of professional selection, clarification of the main conditions of formation of productive couples. Studying of development of communicative competence of sportsmen of ballroom dances at stage of the previous basic preparation is urgent. The establishment of such determinants and features of their manifestation will allow finding the main areas of work of a coach concerning the optimization of process of selection of dancers and completing of sports pairs [2; 3; 6].

The communicative competence of sports dances is necessary as the basic component of successful mental conditioning. Sufficient psychological preparedness and communicative competence of sportsmen provides integrity of training and competitive processes, and also is criterion of compatibility of partners for classes sports ballroom dances [7; 8; 13].

The analysis of scientifically-methodical literature showed that experts in the branch of sports dances note the need of development of communicative competence of dancers for

teenage age [2; 3; 6; 7]. As I. S. Kohn notes, the interpersonal relations at teenage age are under construction on emotional basis. Direct emotional connections and relationship of teenagers begin to be supported with moral assessment of each of participants of communication, these or those qualities of the personality are more deeply realized, but adequacy of perception of the social status in this age group decreases sharply: children who held the safe position in the group, inclined to underestimate it, and, on the contrary, boys and girls who have unsatisfactory indicators, as a rule, consider the situation accepted completely. That is, there is peculiar high-quality reorganization of both the interpersonal relations of boys and girls, and their personal qualities, own idea of itself at teenage age [14].

The research about the interrelation of communicative competence with personal features need special attention to its subject. V. Voronova notes the importance of psychological factor in achievement of the progress, and M. V. Gritsayenko, in turn, notes that the role of communicative competence becomes more and more notable in connection with point of the sports competition and increase in requirements to the level of performance of sportsmen [7; 8; 12]. V. I. Voronova, O. O. Spesvykh emphasize that personal characteristics of the person, namely responsibility, the high level of empathia, belief in the opportunities promote the formation of effective interpersonal interaction. Uneasiness measurement as to property of the personality is especially important as this property in many respects causes behavior of a young sportsman. The functional aspect of research of personal uneasiness allows consideration of it as the system property which is shown at all levels of activity in the sports dancing duet [7; 8]. Uneasiness is shown in change of level of harassments of

the personality, in decrease in self-assessment, determination, confidence, in itself, also personal uneasiness influences motivation of activity in the psychological sphere. Besides, the return connection of uneasiness with such features of the identity of a young sportsman is noted as: social activity, adherence to principles, conscientiousness, aspiration, leadership, determination, independence, emotional firmness, confidence, working capacity. It should be noted that inadequate perception itself by a subject can be the cause of uneasiness at the psychological level, that is this characteristic of the personality is caused by the conflictual structure of self-assessment when two opposite tendencies are at the same time staticized – the need to appreciate itself highly, on the one hand, and feeling of uncertainty – from another [1; 5; 9; 11].

The formation at young sportsmen of high self-assessment, ability to adequately express the emotions and abilities to take the responsibility, can act as guarantee of effective interpersonal interaction in the dancing duet [4; 6; 10].

At present there are not enough algorithms of development of the harmonious relations of partners in sports dance in psychology and pedagogical science therefore and timely studying of features of emotional intelligence of sportsmen and their self-assessment as determinant their productive interpersonal interact in couple seems important, as caused the relevance of our work.

Communication of the research with scientific programs, plans, subjects

The research was conducted according to the thematic plan of the research work of Kharkiv state academy of physical culture for 2016–2018 on the the subject “Modern technologies of diagnostics and means of preservation of psychological health of sportsmen”.

The purpose of the research:

to learn features of self-assessment and uneasiness of sportsmen who are engaged in sports dancing classes at the stage of the previous basic preparation.

According to the purpose such tasks are solved:

- to carry out the theoretical analysis of problem of interpersonal interaction in the sports dancing duets;
- to characterize features of self-assessment of sportsmen of sports dances at the stage of the previous basic preparation;

– to determine the level of personal uneasiness of sportsmen of sports dances at the stage of the previous basic preparation.

Material and Methods of the research

Sportsmen of the age of 10–12 years in number of 60 persons, who are engaged in sports dancing classes at the stage of the previous basic preparation, were investigated. The theoretic-methodological analysis of problem was carried out for foundation of the relevance of the subject. The technique “Studying of self-assessment of the identity of the teenager” used for studying of indicators of self-assessment, for research of uneasiness as property of the identity of young sportsmen – the technique “Diagnostics of disturbing states at children” [15].

Results of the research and their discussion

The first investigation phase of components of interpersonal interaction at sportemen of 10–12 years old, who are engaged in sports dancing classes, had studying of their level of self-assessment. The technique of “Studying of self-assessment of the identity of the teenager” was used for studying of level of self-assessment and subjective estimate by young sportsmen of the characteristics of the personality.

Results of the research of level of self-assessment of children of 10–12 years old, who are engaged in sports dancing classes, are presented in tab. 1.

As shown in tab. 1, the high level of self-assessment was noted in 14 (23,33%) children, from them 6 (18,75%) girls and 8 (28,57%) boys. This result displays the idea of teenagers of the opportunities which are the important factor of personal development of young sportsmen. B. G. Ananyev in the works, which are devoted to studying of the personality, claims that teenagers with high self-assessment realize own importance, as a rule, create around themselves satisfaction aura, they are less dependent on support and approval of people around as they learned to stimulate themselves. They differ in initiative and enterprise, force others to rotate around themselves and derive from it rather big benefit, they are not upset when they are criticized, and try to correct the mistakes. Teenagers with the high level of self-assessment are rather ready to thank for “constructive council”, having been refused in something, they do not perceive it as humiliation of the person, see the reason of that which happened not in itself, and externally, and try to change then external circumstances in the party, favorable for themselves. It is easy for such boys

Table 1
Distribution of children of 10–12 years old who are engaged in sports dancing classes, according to levels of self-assessment

Level of self-assessment	Level of self-assessment					
	Girls (n=32)		Boys (n=28)		Total (n=60)	
	Absolute value	%	Absolute value	%	Absolute value	%
Overestimated	14	43,75	4	14,28	18	30,00
High	6	18,75	8	28,57	14	23,33
Average	8	25,00	7	25,00	15	25,00
Low	4	12,50	9	32,14	13	21,66
Underestimated	0	0	0	0	0	0

and girls to be optimists, they can critically estimate not only the acts, but also acts of people, they which surrounding, they achieve purposes more often and less often lose [1].

The average level of self-assessment took place at 15 (25,00%) young sportsmen, from them: 8 (25,00%) girls and 7 (25,00%) persons – boys. Such teenagers, in general, self-assured, but not completely, quite often can find some indecision, mood swing, and sometimes and unreasonable impurity, however they are rather persistent in achievement of purposes [1].

The low level of self-assessment took place at 13 (21,66%) participants of the research, from them: 4 (12,50%) girls and 9 (32,14%) boys. I. S. Kohn claims that the low self-assessment (underestimation of itself) testifies to extreme trouble in the development of the personality, and to put with such self-assessment make "risk group". Teenagers with low self-assessment look lost very often, they, as a rule, more passive and less popular among people, they which surrounding. Such boys and girls are excessively sensitive to criticism, considering that it testifies to their low value. But also they are not able to accept compliments – "Well you, I am not like that at all. You, likely, so speak to make to me pleasant". Such teenagers can have baseless scares, uneasy dream and offense on others most of which often is unreasonable, they are not capable to control the emotional impulses and to express them in socially admissible form. It is shown as the lack of responsibility, capriciousness in behavior [14].

18 (30,00%) children estimated themselves at the overestimated level, that is they have unrealistic, noncritical relation to own opportunities. G. Ananyev, I. S. Kohn emphasize that high self-esteem can confirm personal immaturity, inability is correct to estimate results of the activity, to compare itself to others. Such self-assessment can indicate essential curvatures in formation of the personality – "closeness for experience", tolerance to the mistakes, failures, remarks, and manual of adults by estimates of people around [1; 14].

Therefore, self-assessments of children of 10–12 years old who are engaged in sports dancing classes, presented by the following options: overestimated (30,00%), high (23,33%), average (25,00%), low level of self-assessment (21,66%). The underestimated self-assessment level in group of the examined athletes is not revealed.

Studying of the emotional sphere of the identity of children of 10–12 years old, who are engaged in sports dancing classes, namely the level of their personal uneasiness became the following stage of our research. Results of the research of level

of uneasiness of sportsmen, who are engaged in sports dancing classes, are presented in tab. 2.

According to results of the technique "Diagnostics of disturbing states at children", the low level of uneasiness takes place at 3 (5,00%) the examined sportsmen, from them 1 girl (3,13%) and 2 boys (7,14%). Behind the thought of B. G. Ananyev, low uneasiness is feeling of comfort and receiving satisfaction from the life, and for others – work with own complexes. Teenagers who have the low level of uneasiness more accept themselves and other people, positive feelings at social interaction feel, and also to a lesser extent seek to dominate over environment and to avoid problems [1].

The normal level of uneasiness took place in 9 (15,00%) children, 3 (9,38%) from which – girls and 6 (21,42%) – boys. The preservation by the identity of confidence in the forces, lack of nervousness, and in case of mistakes in activity – the adequate relation and aspiration to correct them [1] takes place at the normal level of uneasiness.

A little increased level was noted in 13 (21,67%) children among whom, – 8 (25,00%) girls and 5 (17,85%) – boys; obviously increased level of uneasiness was found among 18 (30,00%) children, 11 (34,37%) from which – girls, and 7 (25,00%) – children. Even the increased level of uneasiness leads to absence at the teenager of confidence in the opportunities, forms difficulties in communication [1].

Obviously increased level of uneasiness was established in 11 (34,37%) girls, and 7 (25,00%) boys that makes 18 (30,00%) teenagers. Girls and boys in whom obviously increased uneasiness level takes place, smaller measure socially adapted, than teenagers with low uneasiness. At the same time disturbing individuals cannot accept themselves and others, to feel emotional discomfort and to seek to control the environment [1; 14].

Very high level of uneasiness creates threat mental health of the teenager and promotes the development of preneurotic states. Except negative impact on health, behavior and productivity of activity, obviously increased uneasiness level adversely affects also quality of social functioning of children of teenage age who are engaged in ballroom dances [1; 9]. By the results of our research, very high level of uneasiness was established in 9 (28,13%) girls and 8 (28,57%) boys that makes 16 (26,67%) persons. Therefore, the emotional condition of children of 10–12 years old, who are engaged in sports ballroom dances, is characterized by the increased or high level of uneasiness, tself-assessment of young aportsmen answers the overestimated, high or average level at the stage of the previous basic preparation.

Table 2
Distribution of children of 10–12 years old who are engaged in sports dancing classes, according to levels of uneasiness

Level of uneasiness	Walls	Girsl (n=32)		Boys (n=28)		Total (n=60)	
		Absolute value	%	Absolute value	%	Absolute value	%
Low	1–2	1	3,13	2	7,14	3	5,00
Normal	3–6	3	9,38	6	21,42	9	15,00
A little increased	7–8	8	25,00	5	17,85	13	21,67
Obviously increased	9	11	34,37	7	25,00	18	30,00
Very high	10	9	28,13	8	28,57	16	26,67

Considering results of the research of features of emotionally personal sphere of sportsmen of 10–12 years old, the main directions of development of their interpersonal interaction, it is possible to see: increase in adequacy of own idea of at young sportsmen and perception of others, development of individual responsibility for achievement of the personal purposes, formations of communicative openness and quality of communication, mastering skills of constructive social interaction [11]. When forming effective interpersonal interaction at children of 10–12 years old, who are engaged in sports dancing classes, it is also necessary to carry out work and with parents of young sportsmen (to carry out explanatory work on formation of adequate self-assessment of teenagers and elementary technician of removal of tension and verbalization of feelings). It is recommend to coaches to control by the main indicators of interpersonal interaction of young sportsmen during a year, for the purpose of selection of effective remedies and methods of influence on these characteristics and, as a result, onto high sports effectiveness.

Conclusions

1. The effective interpersonal interaction in sports dances provides the successful course of communicative process and functioning in the professional dancing environment. The interpersonal interaction of children of 10–12 years old, who are engaged in sports dancing classes, is determined by the created communicative abilities and their emotionally per-

sonal characteristics – the level of self-assessment and level of uneasiness.

2. The research of components of the interpersonal interaction at sportsmen of 10–12 years, who are engaged in sports ballroom dances, showed that the level of their self-assessment is presented by the following options: overestimated (30,00%), high (23,33%), average (25,00%), low level of self-assessment (21,66%). The underestimated self-assessment level in group of the examined athletes is not revealed. Therefore, sportsmen of ballroom dances of 10–12 years old, usually, capable to achieve the objectives and not to give in casual fluctuation of moods. But among such teenagers also children and girls, excessively sensitive to criticism, meet, such sportsmen also make “risk group”.

3. The emotional condition of children of 10–12 years old, who are engaged in sports ballroom dances, is most often characterized by the increased or high level of uneasiness. Teenagers, who have the high level of uneasiness, are adapted smaller measure socially, than sportsmen with low uneasiness.

Prospect of the subsequent researches is in the development of the program of formation of adequate self-assessment of sportsmen of sports dances at the stage of the previous basic preparation, for the purpose of formation of effective interaction in the dancing duet.

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